

BLOOD TESTS~ WOMEN

Primary

Day 1-3

- ∇ Oestrodiol (oestrogen)
- ∇ FSH ~ follicle stimulating hormone (taken with LH it can indicate PCOS depending on the ratio of the 2 to each other)
- ∇ LH ~ luteinising hormone

Day "21" OR 7 days post ovulation

- ∇ Progesterone

Any time in your cycle

- ∇ TSH, T₃ and T₄ (thyroid function)
- ∇ Prolactin (can be raised in excessive exercise, breast feeding, pituitary tumours)
- ∇ Testosterone (can be elevated in PCOS)
- ∇ Rubella - to check your immunity (German measles)
- ∇ Folate (now considered more important to supplement this in folate rather than folic acid form which is harder for the body to break down and use, especially if there is MTHFR gene issue. (Can be tested for as part of immunological testing)
<http://www.stophethyroidmadness.com/mthfr/>
- ∇ Vitamin D (see also secondary)

Secondary

- ∇ Cortisol (long term stress hormone which uses the same "building blocks" as progesterone to be made. The body will naturally make this BEFORE progesterone as survival takes precedence over fertility)
- ∇ Vitamin B₁₂, B₆ and Vitamin D (**Vit D can also be part of primary testing**)
- ∇ Zinc
- ∇ SHBG (sex hormone binding globulin)
<http://labtestsonline.org.uk/understanding/analytes/shbg/tab/test/>
- ∇ AMH (Anti Mullerian Hormone – considered this test indicates ovarian reserve)
- ∇ AFC (Antral follicle count – scan which indicates number of "active" follicles at any given time) Best to have both AMH and AFC to get a better idea of what is happening
- ∇ Autoimmune testing
- ∇ Chromosome testing

TESTS~ MEN

Primary

- Semen analysis - basic level ~ count, motility, morphology.
- May or may not include testing for liquefaction/viscosity; PH level; debris; agglutination; antisperm antibodies (MAR test); other cells (round, polymorphonuclear leucocytes, erythrocytes) ~ this level is recommended
- Physical testing (blockages, obstructions, inflammation, infections, past testicular injury) – vasogram, ultrasound. Undescended testicles in childhood – semen analysis. NB **These might form part of secondary testing**
- NB varicoceles, vasectomy reversal, hydroceles, mumps, prostatitis and past testicular cancer can all affect fertility and need to be checked for and medicated where applicable

Secondary

- Testosterone, FSH/LH, prolactin, thyroid
- Zinc
- SHBG
- DNA fragmentation (assesses genetic makeup of sperm)
- Karyotype (chromosome test) – **Non-fertilisation, non-implantation, multiple miscarriages can all indicate chromosome issues**
- Human zona penetration test