Patient Information Leaflet

Anti-mullerian hormone (AMH) testing

What is an anti-mullerian hormone (AMH) test?

Anti-mullerian hormone (AMH) is a hormone secreted by the cells surrounding the eggs in your ovaries. AMH is a marker of ovarian reserve; number of eggs you have left in your ovaries is called your "ovarian reserve". AMH or anti-mullerian hormone test is a laboratory blood test which is available to assess a women's ovarian reserve or egg count. The AMH test can be taken at any time in your menstrual cycle since the measurement remains relatively stable throughout that cycle. The more eggs you have available, the higher the amount of AMH produced. Determining the AMH level may be useful in evaluating a woman's current fertility status.

AMH testing should better be done when you are not taking any hormonal preparations.

Normally one test is sufficient, however, we might recommend for it to be repeated if there has been a long delay (over a year) since your last test. This is because the AMH levels do change over time.

AMH test is just one potential test of ovarian reserve. Fertility specialists often use a combination of fertility tests to best assess a woman's ovarian reserve, including a transvaginal ultrasound to count the number of follicles and other blood hormone levels.

If I need further advice?

Please talk to a member of the clinical staff if you have any questions about AMH testing

Is AMH testing available on the NHS?

No, unfortunately the AMH test is not available for free on the NHS in ABUHB. However, it is available as a self-funded option through an arrangement with ABUHB Biochemistry laboratory and University Hospital Wales for a fee.

Risks or side effects

Minimal risks from blood sampling (mild bruising or discomfort)

How to arrange an AMH test at ABUHB?

AMH is tested through a blood sample (> 1ml blood needed in a yellow topped container). Blood sampling can be done at the hospital phlebotomy department or via your GP



Blood sample is sent to ABUHB Biochemistry laboratory
(It will only be processed after payment is made)



To make payment for the AMH test please refer to information below.
AMH Payment Information for Patients



Blood sample is sent to University Hospital Wales where the AMH test is processed

"This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg".

AMH Payment Information for Patients

Gov.uk website

Payment can be made on the health board gov.uk webpage once the blood sample has been taken. The total amount to be paid is £36.00 using the Scan link:

OR

Bank Transfer

Payment can be made via bank transfer once the blood sample has been taken. The total amount of £36.00 should be transferred using the following details:

Sort Code: 60-70-80

Account Number: 10008276

Account name: ANEURIN BEVAN ULHB

Reference: AMH PAYMENT followed by patient initials (e.g., Jane Doe would use reference AMH PAYMENT JD)

Following payment

Once a payment has been made, please email the laboratory: abb.dutybiochemist@wales.nhs.uk with the subject of 'AMH payment made'. In your email, please state your full name, date of birth, NHS number (if available) and date blood sample was taken. If the person making the payment is not the patient, please also include the name of the person making the payment.

Problems?

Please email abb.dutybiochemist@wales.nhs.uk or call 01633 493263 (Duty Biochemist) if you have any issues with payment.

Results

Samples are sent to Cardiff for analysis and results of your blood test are usually available after 2 weeks. The results will be returned directly to the doctor who requested the test. Laboratory staff are unable to provide results directly to patients.

References:

1. National Institute for Health and Care Excellence (NICE). Fertility problems: assessment and treatment (NG257). London: NICE; 2026.
2. European Society of Human Reproduction and Embryology (ESHRE). Anti-Müllerian hormone (AMH) testing: patient information leaflet. ESHRE; 2023.