

Fertility blood tests



Information for patients Gynaecology

You may be asked by the doctor to come to clinic and have blood tests taken from your arm on specific days of your cycle.

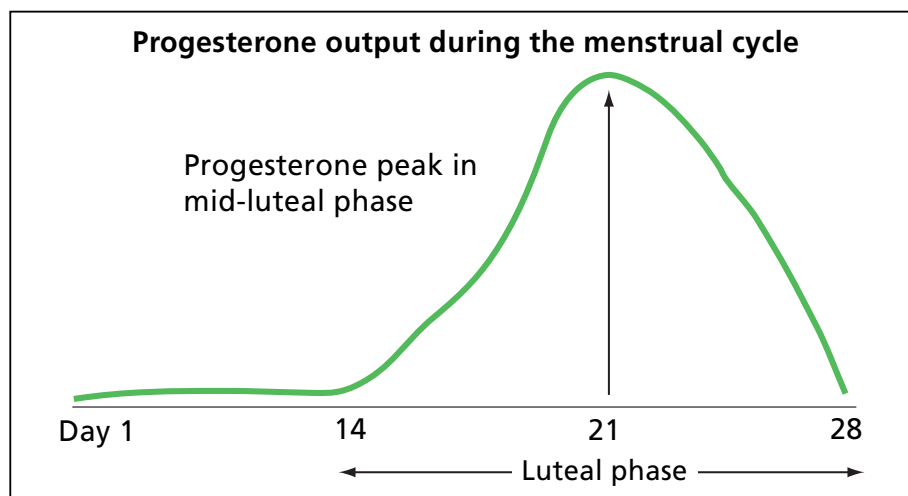
This leaflet explains why this is necessary.

1. **FSH and LH** (follicle stimulating hormone and luteinising hormone). This blood test is taken between days 2 and 5 of your cycle. FSH and LH are two of the hormones secreted by the pituitary gland in the brain. FSH stimulates the growth of the egg-containing follicles in the ovaries and the secretion of oestrogen. LH stimulates ovulation (release of the egg) and secretion of progesterone in the second part of the cycle.
2. **Progesterone**, this blood test is usually taken on the 21st day of your cycle. You will usually ovulate between days 12 and 14 in a normal 28 day cycle. The ovary secretes progesterone in the second half of the cycle, and reaches its highest level 7 days before a period is due, which is day 21 in a 28 day cycle.

By measuring the level of progesterone in the blood on day 21 it is possible to determine if an egg was released from the ovary in that cycle.

If you have long cycles greater than 30 days, for example 35 days, the doctor may ask you to come 7 days before your next expected period.

You will usually be given the results of these tests at your next clinic appointment and the doctor will explain what they mean.



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