

Miscarriage & unexplained fertility Blood test check list



Whether you are trying to conceive naturally or about to start IVF, it's helpful to know what your hormones are doing. Your hormones affect everything, from metabolism to mood and libido. Understanding them helps you function at your best. A simple blood test can tell you so much about why you may be struggling to conceive or even predict egg quality and whether implantation of the embryo may be an issue. If necessary, more detailed blood tests can delve a bit deeper.

It's worth noting that not all of these tests are completed as standard by GPs in the UK, so you will have to request them specifically. Should your GP not offer testing, then Medichecks offer private 'finger prick' hormone testing from the comfort of your own home for a reasonable price.

If you have been trying to conceive for some time, the following blood tests should be completed as a minimum. Unless stated otherwise, they can be completed on any day of your cycle.

- Follicle Stimulating Hormone (FSH) – between days 2-5 of your cycle
- Luteinising Hormone (LH) – between days 2-5 of your cycle
- Estradiol (E2 or Oestrogen) – between days 2-5 of your cycle
- Prolactin
- Thyroid Stimulating Hormone (TSH)
- Free Androgen Index (FAI) – this includes testosterone and Sex Hormone-Binding Globulin (SHBG)
- Progesterone – this should be tested 6 or 7 days post ovulation for the most accurate result
- Vitamin D and Ferritin.

If you have suffered two or more losses or have been diagnosed with 'unexplained infertility' then more detailed blood tests to consider are:

- Thyroid Antibodies
- Reproductive immunology tests – this includes tests such as Natural killer cells and various antibody tests.



- Blood clotting disorder tests such as Anti-Phospholipid Syndrome (APS) or Factor V Leiden

If you are about to undergo IUI, IVF or ICSI or you have suspected Polycystic Ovarian Syndrome (PCOS), then you should have your Anti-Mullerian Hormone (AMH) checked alongside an antral follicle count (AFC). You will find more details on this in 'Fertility Tests Explained'.

It's important to consult a practitioner who specialises in fertility once you have your blood tests results. Whilst your GP may be able to offer advice on fertility, many are not trained in the more complex issues affecting fertility or to the level that a specialist practitioner would be. However, your GP should be happy to refer you either on the NHS or privately.

I offer an online fertility consultation to discuss blood results with you. If using Medichecks – I recommend their 'Female Hormone Check Blood Test'

