

GUIDE

FEMALE FERTILITY TESTING & WHAT YOUR NUMBERS MEAN

A calm, step-by-step guide to understanding your results without panic



IF NUMBERS HAVE LEFT YOU WORRIED

Many women encounter fertility treatment for the first time after being shown test results they don't fully understand. Words like low, high, or borderline can feel alarming — especially when no one explains what they actually mean for your chances of pregnancy. This guide helps you understand female fertility tests in context, so you can move forward informed rather than anxious.

1. QUESTIONS TO ASK YOUR DOCTOR

- 01 What do these numbers mean for me?

- 02 Which values matter most right now?

- 03 Can these results improve or change?

- 04 How do they affect my treatment options?



2. THE ROLE OF OVARIAN RESERVE TESTING (AMH)

AMH reflects ovarian reserve — the approximate number of eggs remaining.

What AMH helps doctors understand:

- How the ovaries may respond to stimulation.
- How to personalise treatment protocols.

What AMH does NOT tell:

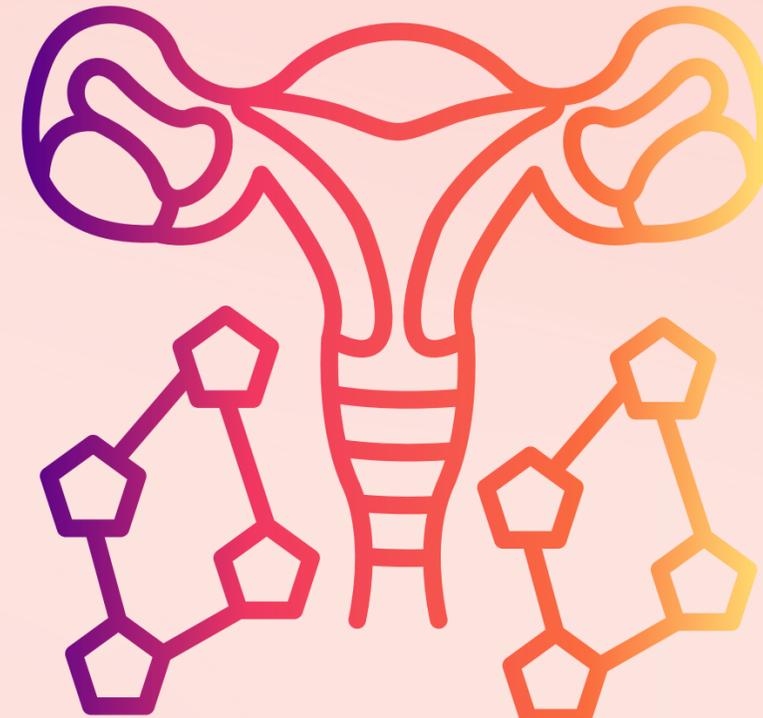
- Whether you can conceive naturally this month.
- Whether pregnancy is possible or impossible.

Remember: AMH is a planning tool, not a prediction.

3. HORMONES AND OVULATION

Hormones regulate:

- 01 Whether ovulation happens
- 02 How regular your cycle is
- 03 Whether implantation can occur



Imbalances can lead to irregular periods or difficulty conceiving — but many hormonal issues are treatable once identified.

4. WHY THYROID TESTING MATTERS

Thyroid hormones affect ovulation, implantation, and pregnancy health. Even mild imbalance can interfere with fertility, which is why thyroid testing is a routine and important part of evaluation.



5. WHAT ULTRASOUND SHOWS

An ultrasound allows doctors to determine whether the uterus is prepared to support a pregnancy. It assesses:

- Uterine shape and lining
- Ovaries and follicle development
- Fibroids, polyps, or PCOS patterns



6. PRE-CONSULTATION CHECKLIST

Be prepared to discuss:

Date of last period

Cycle length and regularity

AMH and hormone reports (if available)

Ultrasound reports (if available)

Symptoms (pain, bleeding, acne, weight changes)

IN CLOSING

Fertility numbers do not define you. They guide your doctor in choosing the safest, most effective next step — whether that's simple treatment, monitoring, or assisted conception.

Take the Next Step with Janini IVF

If test results like AMH, hormone levels, or ultrasound findings have left you confused or worried, a guided review can make all the difference. At Janini IVF, Delhi, our fertility specialists look at your results in context — your age, cycles, symptoms, and goals — before advising the most appropriate next step.

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