



FOLLICLE STIMULATING HORMONE (FSH) BLOOD TEST



What is a FSH test?

- FSH plays an important role in sexual development and functioning.
- In women, FSH helps stimulate the growth of eggs in the ovaries and helps control the menstrual cycle.
- In men, FSH helps control the production of sperm.

The test measures the amount of FSH in the blood.

What do results indicate?

- For women, the results can help your physician identify the cause of infertility, problems with ovarian function, and confirm the start of menopause.
- For men, the results can help identify the cause of infertility, find the reason of low sperm count, and problems with the testicles.
- Results can help physicians diagnose
- early or late puberty in adolescents.

Preparing for Blood Draw

Get a good night's sleep and drink plenty of water prior to test.

This will help increase your blood volume and make it easier to access your vein for the blood draw.

Take prescribed medications as usual, unless directed by your physician to do otherwise. If able wear short sleeves, this will also make it easier to access your vein. Dress in layers if it is cold outside.

Instructions Before Test

If you are a woman who has not gone through menopause, your provider may want to schedule your test at a specific time during your menstrual cycle.



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05/2023