

Peri- and postmenopausal screening and tests:

Diagnostic tests for menopause

Perimenopause and menopause should be diagnosed without laboratory tests in otherwise healthy women aged over 45 years, on the basis of vasomotor symptoms, irregular periods and amenorrhea.

Levels of follicle-stimulating hormone (FSH)

- These are used to diagnose **early menopause** in symptomatic women aged 40–45 years
- They are also used to diagnose **premature ovarian insufficiency** in women under the age of 40
- Assessments should be repeated after 4–6 weeks if there is diagnostic uncertainty
- Levels should not be measured in women using combined estrogen and progestogen contraception or high-dose progestogen, as they may be suppressed and the results difficult to interpret
- FSH levels should not be used to monitor menopausal hormone therapy
- Menopausal women have FSH levels >30 IU/l

Estimated levels of luteinizing hormone (LH), estradiol, progesterone and testosterone are of no value in the diagnosis of ovarian failure.

Assessment of premature ovarian insufficiency

Markers of ovarian reserve

- Anti-Müllerian hormone
- Inhibin A and inhibin B
- Antral follicle count and ovarian volume

Further tests

- Karyotyping (for diagnosis of **Turner syndrome**)
- Test for Y chromosome material
- Fragile-X premutation testing
- Autoantibody screen (adrenal, thyroid)

Other tests

- Thyroid function tests, determining levels of free thyroxine (T4) and thyroid stimulating hormone
- Prolactin levels
- Testosterone levels
- Plasma or urinary metanephrines (pheochromocytoma)
- Urinary 5-hydroxyindolacetic acid and serum chromogranin A/B (to test for carcinoid syndrome)

Further information

European Society of Human Reproduction and Embryology (ESHRE) (2024). Guideline on premature ovarian insufficiency <https://www.eshre.eu/Guidelines-and-Legal/Guidelines/Premature-ovarian-insufficiency>

NICE (2024). Guideline NG23. Menopause: identification and management <https://www.nice.org.uk/guidance/ng23/resources/menopauseidentification-and-management-pdf-1837330217413>