

Which tests?

Normal sperm count (WHO standard)

Concentration	>20 million per ml
Motility	>50% with forward progression
Morphology	>30% normal forms

Normal female hormonal ranges to assess gonadal function

FSH follicular	1 - 10 IU/L
LH follicular	2.5 - 21 IU/L
Oestradiol	
follicular	<110 pmol/L
mid cycle	500 - 1100 pmol/L
luteal	300 - 750 pmol/L
Prolactin	114 - 383 mU/L
Testosterone	0.8 - 3 nmol/L

What they suggest

High FSH/low oestradiol	Primary ovarian failure
High LH/normal FSH	Polycystic ovary syndrome
Low LH, FSH and oestradiol	Hypogonadotrophic hypogonadism
High prolactin	Hyperprolactinaemia
High testosterone	Polycystic ovary syndrome

Hormone tests to confirm ovulation

LH - a surge mid-cycle between periods indicates impending ovulation. This is a better guide to the timing of ovulation than using temperature charts. Simple urine test kits are available from chemists so, once the timing of the cycle is understood, the woman can perform this test herself.

Progesterone - during the luteal phase, after ovulation, progesterone levels rise, reaching highest levels approximately 7 days before the next period is due. Elevated levels confirm ovulation. (However, correct timing of this test is important and if low levels are obtained re-testing is recommended.)