

SAMPLE REPORT | FEMALE HORMONE SCREENING

Female Hormone Profile

An example of the report you receive after your blood test



PATIENT

Sample Report

DOB (AGE)

XX/XX/XXXX (00)

GENDER

F

SAMPLE DATE

XX/XX/XXXX

REPORT DATE

XX/XX/XXXX

REPORT REF

SAMPLE

THIS IS A SAMPLE REPORT

The results shown here are illustrative and do not belong to a real patient. They are included to show how your own results would be presented, explained and reviewed. Your report would carry your own name, dates and results.

Before you read your results

Important notice

Your results in this report are shown alongside a “reference range”: this represents the range of values typically seen in the majority of healthy individuals.

Frequently asked questions

If my results are outside the reference range, does that mean they are abnormal?

Not necessarily. While results outside the reference range may suggest a possible abnormality, they must be interpreted in the context of your age, medical history, and any medications you are taking. In this report, we have highlighted any results that are either positive or fall outside the normal range, so they can be reviewed by a doctor or suitably qualified nurse.

What should I do next?

Do not make any changes to your current medications without first consulting your treating doctor. Lifestyle changes may be beneficial, but these should also be discussed with a doctor or qualified nurse who can ensure any recommendations are appropriate for your individual circumstances and help you maintain any changes in the long term.

How to read the status column

GREEN

Within the reference range for this test.

AMBER

Outside the reference range, or above target. Needs interpreting in context.

RED

Outside the range to a degree that warrants prompt clinical review.

What is in this report

- 01 Summary (at a glance)
- 02 Female Hormone Screening Profile
- 03 GP Comments & Next Steps

How to use this report

01 Grouped by area of health

Each section brings together the tests that belong to one part of the body, so related results sit side by side.

02 Every test explained

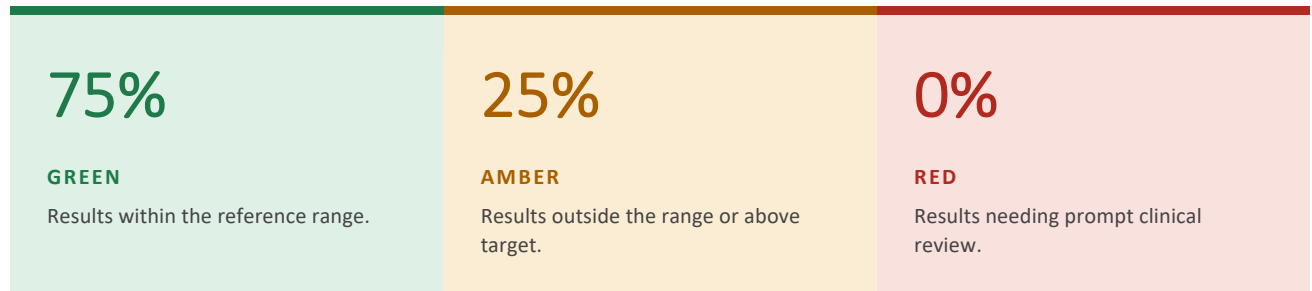
The final column of each table says in plain English what the test measures and what your result means.

03 Anything flagged is pulled together

Results outside the range appear in the summary and are discussed again in the GP comments at the end.

Summary at a glance

A breakdown of how your results were categorised across all tests in this profile.



Results flagged for review

The tests below fall outside the reference range or above target. Each is explained in the relevant section and in the GP comments at the end of this report.

TEST	YOUR RESULT	REFERENCE	STATUS	SECTION
Follicle-stimulating hormone (FSH)	14.8 IU/L	3.5–12.5	AMBER	Female Hormone Screening Profile

Female Hormone Screening Profile

Assesses pituitary signalling to the ovaries (FSH and LH), oestrogen level and prolactin. Female hormones change substantially across the monthly cycle, so the reference ranges shown are those for the early (follicular) phase, and results are interpreted alongside the day of your cycle on which the sample was taken.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Follicle-stimulating hormone (FSH)	14.8 IU/L	3.5–12.5	AMBER	Pituitary hormone that stimulates the ovaries each month. Result is above the range quoted for the early part of the cycle. A rising FSH is one of the earliest signs that the ovaries are becoming less responsive, which happens naturally in the years approaching the menopause. FSH varies a good deal from month to month, so a single raised result is not conclusive on its own.
Luteinising hormone (LH)	9.2 IU/L	2.4–12.6	GREEN	Pituitary hormone that triggers the release of an egg each month. Result is within the reference range for this stage of the cycle.
Oestradiol-17-Beta	142 pmol/L	99–447	GREEN	The main form of oestrogen produced by the ovaries, important for periods, bone strength, mood and vaginal and urinary health. Result is within the reference range, though in the lower part of it.
Prolactin	212 mIU/L	102–496	GREEN	Pituitary hormone that can disturb periods and ovulation when raised. Result is within the reference range, which is reassuring.

GP comments and next steps

A clinician's interpretation of your results, taken as a whole.

Overall summary

Three of the four hormones measured are within their reference ranges. LH, oestradiol and prolactin are all normal. FSH is raised above the range quoted for the early part of the cycle, and this is discussed below.

Pituitary signalling (FSH and LH)

FSH and LH are made by the pituitary gland and together drive the monthly cycle. LH is within range. FSH is raised. The pituitary gland produces more FSH when the ovaries respond less readily, so a rising FSH is usually the first measurable sign of the transition towards the menopause, often several years before periods stop. It can also be raised for other reasons, and it fluctuates considerably from cycle to cycle, which is why it is interpreted alongside your age, your cycle and how you have been feeling rather than on its own.

Oestradiol

Oestradiol is the main oestrogen produced by the ovaries. Your result is within the reference range, though towards the lower end, which is consistent with the raised FSH above. Oestradiol changes substantially across the cycle, so the day the sample was taken matters a great deal when interpreting it.

Prolactin

Prolactin is within the normal range. Raised prolactin is a recognised cause of irregular or absent periods and of difficulty conceiving, so this is a useful result to have clear.

Next steps

Nothing here needs urgent attention. If you are having symptoms such as irregular or changing periods, hot flushes, night sweats, disturbed sleep, low mood, brain fog or vaginal dryness, it is worth discussing them alongside these results, because in women over 45 the diagnosis of perimenopause is made on symptoms rather than on a blood test. A repeat FSH, taken in the first few days of a cycle, is often helpful. If you are trying to conceive, or your periods have changed markedly, a review is the sensible next step.

Overall interpretation

Overall this is a largely reassuring profile. Prolactin, LH and oestradiol are all normal, and the one finding is a raised FSH with an oestradiol in the lower part of its range. Taken together this pattern can be an early sign of the approach to the menopause, but it is not a diagnosis on its own, because FSH naturally rises and falls from one cycle to the next. The useful next step is a conversation about your symptoms and your cycle, with a repeat test if that would help.

What happens next

1

Read through your results

Work through each section alongside the status key. The final column explains what every test measures and what your result means.

2

Book a review appointment

One result in this profile is flagged amber, so a review is recommended. You can book a consultation with one of our GPs at Jenhams Clinic, or take this report to your own healthcare provider. They will interpret the results alongside your symptoms, your cycle and your medical history.

3

Agree a plan

This may include repeating a test at a particular point in your cycle, or a conversation about symptoms and treatment options. Do not stop or change any medication before speaking to your treating doctor.

SPEAK TO US ABOUT YOUR RESULTS

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Clinic hours Mon, Tue, Thu 9.00am to 5.30pm | Wed, Fri 9.00am to 3.00pm | Sat 9.00am to 1.00pm

ABOUT THIS REPORT

This report presents the results of a female hormone screening blood profile requested through Jenhams Clinic. Reference ranges are those supplied by the reporting laboratory and may differ slightly between laboratories. Results are a snapshot at the time of sampling and should always be interpreted in the context of your age, medical history, medication and symptoms. This report does not constitute a diagnosis and is not a substitute for a consultation with a doctor or suitably qualified nurse.