

# Amenorrhea Testing

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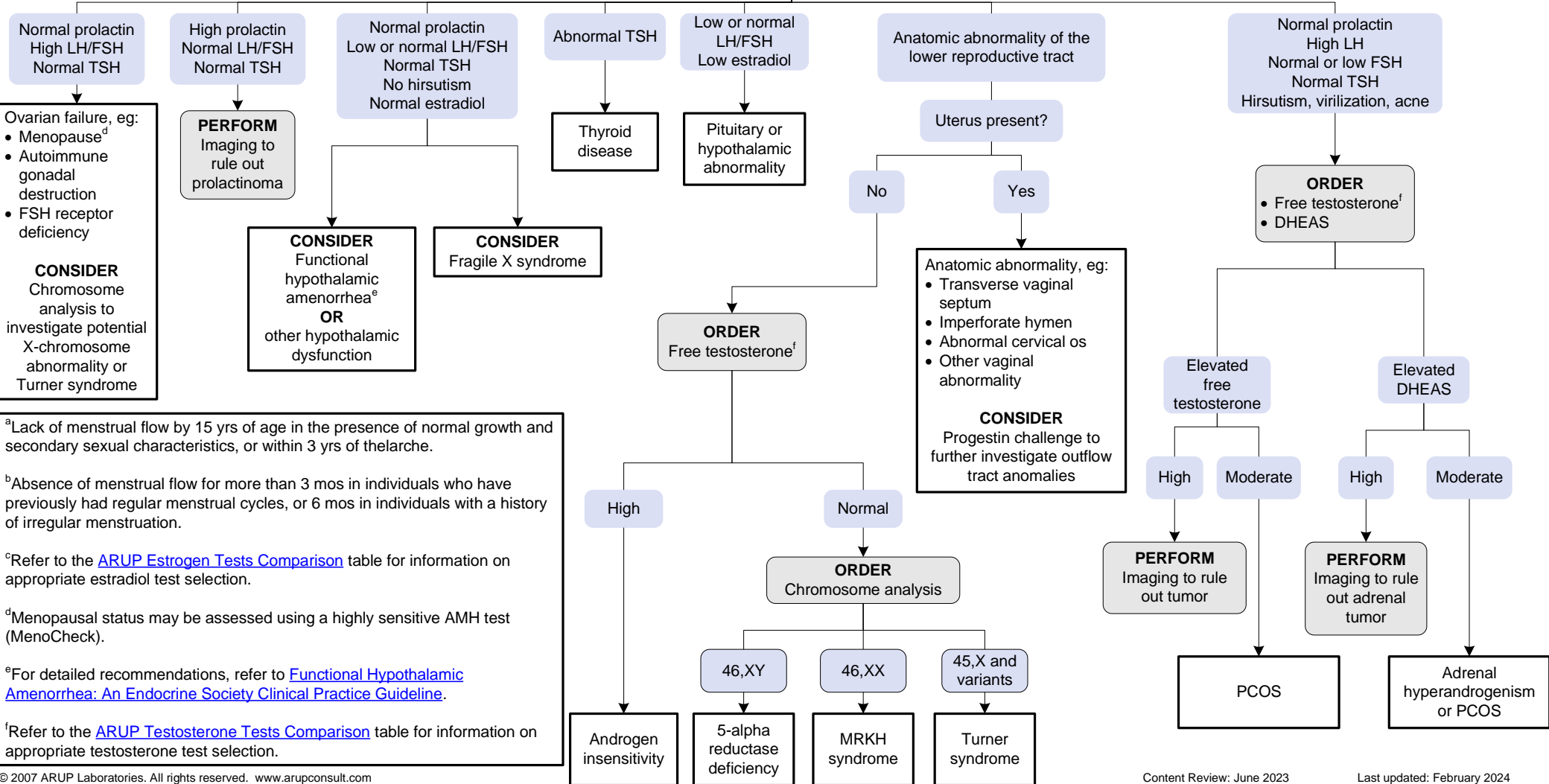
Abbreviations	
AMH	Anti-Müllerian hormone
DHEAS	Dehydroepiandrosterone sulfate
FSH	Follicle-stimulating hormone
hCG	Human chorionic gonadotropin
LH	Luteinizing hormone
MRKH	Mayer-Rokitansky-Küster-Hauser syndrome
PCOS	Polycystic ovary syndrome
T4	Thyroxine
TSH	Thyroid-stimulating hormone

**INDICATIONS FOR TESTING**  
 Primary<sup>a</sup> or secondary<sup>b</sup> amenorrhea  
 Pregnancy excluded by hCG test  
 Organic etiology excluded by initial workup (CBC, chemistry panel, liver panel, C-reactive protein test)

**PERFORM**  
 History and physical exam

**ORDER**

- TSH test with free T4
- LH test
- FSH test
- Prolactin test
- Estradiol test<sup>c</sup>



<sup>a</sup>Lack of menstrual flow by 15 yrs of age in the presence of normal growth and secondary sexual characteristics, or within 3 yrs of thelarche.

<sup>b</sup>Absence of menstrual flow for more than 3 mos in individuals who have previously had regular menstrual cycles, or 6 mos in individuals with a history of irregular menstruation.

<sup>c</sup>Refer to the [ARUP Estrogen Tests Comparison](#) table for information on appropriate estradiol test selection.

<sup>d</sup>Menopausal status may be assessed using a highly sensitive AMH test (MenoCheck).

<sup>e</sup>For detailed recommendations, refer to [Functional Hypothalamic Amenorrhea: An Endocrine Society Clinical Practice Guideline](#).

<sup>f</sup>Refer to the [ARUP Testosterone Tests Comparison](#) table for information on appropriate testosterone test selection.