

## LABORATORY TESTING AND THE MENOPAUSE

**DO NOT use FSH to diagnose menopause in patients >45 years or patients on combined hormonal contraception.**

**DO NOT use oestradiol to diagnose perimenopause or menopause in women aged over 45 years.**

### How to diagnose menopause/premature menopause

The menopause can be diagnosed in women who have not had a period for at least 12 months and are not using hormonal contraception.

Menopause diagnosis can be difficult in patients on hormone contraception. FSH can **only** be used in patients over 50yrs in patients on **progestogen-only** contraception.

**Women aged 40-45 years with menopausal symptoms, including a change to their menstrual cycle**

FSH >26 IU/L is suggestive of the perimenopause.

Menopause can only be confirmed clinically in women who have not had a period for at least 12 months

**Women aged under 40 years with suspicion of premature ovarian insufficiency**

If FSH result is >26 IU/L with LH <26IU/L, repeat FSH in 4-6 weeks.

If in doubt about diagnosis then refer to a specialist.

<https://www.nice.org.uk/guidance/ng23>  
<https://tinyurl.com/menopausepathway>