

FSH Levels Chart

Patient's Results: _____

Date of Birth: _____

Gender: _____

Reason for Test: _____

Patient's FSH Levels: _____

Interpretation: _____

Additional Notes:

Normal FSH Ranges in Females

Before puberty	0-4 IU/L
During puberty	0.3-10 IU/L
While menstruating	4.7-21.5 IU/L
Follicular (Menstrual Cycle Stage)	1-9 IU/L
Midcycle (Menstrual Cycle Stage)	6-26 IU/L
Luteal (Menstrual Cycle Stage)	1-9 IU/L
Early Stages of Pregnancy (26-30 days after ovulation)	0.1 IU/L
Menopause (+no period for a year)	>30 IU/L
After menopause	25.8-134.8 IU/L

Normal FSH Ranges in Males

Before puberty	0-5 IU/L
During puberty	0.3-10 IU/L
Adulthood	1.5-12/4 IU/L

Sources:

Crna, R. N. M. (2023, March 15). *What are normal ranges of FSH levels, and what to do if they are high or low.* <https://www.medicalnewstoday.com/articles/317746#test-uses>

Follicle-stimulating hormone (FSH) blood test. (2023, October 31). [https://www.ucsfbenioffchildrens.org/medical-tests/follicle-stimulating-hormone-\(fsh\)-blood-test](https://www.ucsfbenioffchildrens.org/medical-tests/follicle-stimulating-hormone-(fsh)-blood-test)