

FSH Levels

Patient's name: _____ Sex: _____

Age: _____ Date of birth: _____

Normal FSH ranges in females	
Before puberty	0 to 4.0 IU/L
During puberty	0.3 to 10.0 IU/L
While menstruating	4.7 to 21.5 IU/L
Follicular (Menstrual cycle stage)	1 to 9 IU/L
Midcycle (Menstrual cycle stage)	6 to 26 IU/L
Luteal (Menstrual cycle stage)	1 to 9 IU/L
Early stages of pregnancy (26 to 30 days after ovulation)	0.1 IU/L
Menopause (+ no period for a year)	> 30 IU/L
After menopause	25.8 to 134.8 IU/L
Before puberty	0 to 4.0 IU/L
Normal FSH ranges in males	
Before puberty	0 to 5 IU/L
During puberty	0.3 to 10 IU/L
Adulthood	1.5 to 12.4 IU/L
Interpretation of abnormal FSH results	
High FSH levels in women may be present:	
<ul style="list-style-type: none">• During or after menopause, including premature menopause• When receiving hormone therapy• Due to certain types of tumors in the pituitary gland• Due to Turner syndrome	
Low FSH levels in women may be present due to:	
<ul style="list-style-type: none">• Being very underweight or having had recent rapid weight loss• Not producing eggs (not ovulating)• Parts of the brain (the pituitary gland or hypothalamus) not producing normal amounts of some or all hormones• Pregnancy	

High FSH levels in men may indicate:

- Testicles not functioning correctly due to:
 - Advancing age (male menopause)
 - Damage to testicles caused by alcohol overuse, chemotherapy, or radiation
 - Problems with genes, such as Klinefelter syndrome
 - Treatment with hormones
 - Certain tumors in the pituitary gland

Low FSH levels in men may indicate:

- Parts of the brain (the pituitary gland or hypothalamus) do not produce normal amounts of some or all hormones

High FSH levels in boys or girls may mean that puberty is about to start.

Additional notes

References

Mount Sinai. (n.d.). *Follicle-stimulating hormone (FSH) blood test Information* | Mount Sinai - New York. Mount Sinai Health System. <https://www.mountsinai.org/health-library/tests/follicle-stimulating-hormone-fsh-blood-test>

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