

# 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	
<b>High FSH levels in women</b> may be present:	
<ul style="list-style-type: none"><li>• During or after menopause, including premature menopause</li><li>• When receiving hormone therapy</li><li>• Due to certain types of tumors in the pituitary gland</li><li>• Due to Turner syndrome</li></ul>	
<b>Low FSH levels in women</b> may be present due to:	
<ul style="list-style-type: none"><li>• Being very underweight or having had recent rapid weight loss</li><li>• Not producing eggs (not ovulating)</li><li>• Parts of the brain (the pituitary gland or hypothalamus) not producing normal amounts of some or all hormones</li><li>• Pregnancy</li></ul>	

**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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