

Directorate of Laboratory Medicine:
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LABORATORY TESTING AND THE MENOPAUSE

Reference: NICE NG23 Menopause: diagnosis and management

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

How to diagnose menopause / premature menopause

Women aged over 45 years

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 but FSH can be misleading in these patients so should not be used.

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>