

PCOS Hormone Levels Chart

Patient name: _____ Date of birth: _____

Referring physician's name: _____

Date of recent hormone test: _____

	Normal range	Range of those with PCOS
Follicle-stimulating hormone (FSH)	<p>Before puberty: 0 to 4.0 mIU/mL (0 to 4.0 IU/L)</p> <p>During puberty: 0.3 to 10.0 mIU/mL (0.3 to 10.0 IU/L)</p> <p>Women who are still menstruating: 4.7 to 21.5 mIU/mL (4.5 to 21.5 IU/L)</p> <p>After menopause: 25.8 to 134.8 mIU/mL (25.8 to 134.8 IU/L)</p>	Normal range
Luteinizing hormone (LH)	<p>Follicular phase: 1.68-15 IU/L</p> <p>Mid-cycle peak: 21.9-56.6 IU/L</p> <p>Luteal phase: 0.61-16.3 IU/L</p>	Persistently elevated LH levels throughout the menstrual cycle
Dehydroepiandrosterone sulfate (DHEA-S)	<p>Ages 18 to 29: 45 to 320 micrograms per deciliter ($\mu\text{g/dL}$) or 1.2 to 8.7 micromoles per liter ($\mu\text{mol/L}$)</p> <p>Ages 30 to 39: 40 to 325 $\mu\text{g/dL}$ or 1.1 to 8.8 $\mu\text{mol/L}$.</p> <p>Ages 40 to 49: 25 to 220 $\mu\text{g/dL}$ or 0.7 to 6.0 $\mu\text{mol/L}$</p>	<p>DHEA-S values may be normal or slightly elevated in PCOS.</p> <p>DHEA-S values $\geq 800 \mu\text{g/dL}$ ($21.7 \mu\text{mol/L}$) warrant consideration of an adrenal tumor</p>
Testosterone	0.5 to 2.4 nmol	$\leq 150 \text{ ng/dL}$ ($\leq 5.2 \text{ nmol/L}$)
Sex hormone-binding Globulin (SHBG)	<p>Age <50: 19-145 nmol/L</p> <p>Age >50: 14-136 nmol/L</p>	Low levels
Estrogen (Estradiol)	<p>Serum estradiol</p> <p>Follicular phase: 20-350 pg/mL</p> <p>Midcycle peak: 150-750 pg/mL</p> <p>Luteal phase: 30-450 pg/mL</p> <p>Postmenopause: $\leq 20 \text{ pg/mL}$</p>	Serum estradiol levels may vary in PCOS but are usually in the mid-follicular phase range of 60–90 pg/mL

	Normal range	Range of those with PCOS
Prolactin	Adult female: 3-27 ng/mL Pregnant female: 20-400 ng/mL	Typically normal
Anti-mullerian	45 years old: 0.5 ng/mL 40 years old: 1 ng/mL 35 years old: 1.5 ng/ mL 30 years old: 2.5 ng/mL 25 years old: 3.0 ng/mL	Greater than 3.8–5 ng/mL
Androstenedione	Follicular: 35-250 ng/dL Midcycle: 60-285 ng/dL Luteal: 30-235 ng/dL Postmenopausal: 20-75 ng/dL	Elevated levels
Thyroid-stimulating hormone (TSH)	0.35 mIU/mL - 4.50 mIU/mL	Elevated levels

Interpretation and summary of the patient's results:

Additional notes

Sources

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