Evaluation of irregular periods
Suggested scheme for evaluation of a patient with irregular periods

History/Examination

Serum: FSH, LH, Prolactin, AMH*

*AMH = Anti Mullerian Hormone

Prolactin elevated
- Hyperprolactinaemia

FSH elevated, LH elevated, AMH low
- Ovarian failure
  - ? Menopause

FSH normal, LH normal, AMH normal or high
- Routine gynaecological investigations
  - Polycystic ovary syndrome

FSH low, LH low
- ? Hypothalmic/Pituitary disease
- ? Oral contraceptives
- ? Weight loss/dieting
- ? Excessive exercise