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

History/Examination

Serum: FSH, LH, Prolactin, AMH*

- 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

*AMH = Anti Mullerian Hormone