

## My PCOS Diagnosis Information

### Instructions:

**There are several ways to diagnose PCOS. The criteria for diagnosis are explained on the first page. Put your data on the second page and keep for your records.**

#### 1) Period pattern:

Oligomenorrhea (not enough periods) is defined as 8 or less periods a year, periods more than 45 days apart if first 3 years after periods, otherwise more than 35 days apart. OR more than 3 months without a period.

Note, you should not be on any form of birth control during at this time. You should be at least 1 year from your first period or no period by age 15.

In about 5-10% of women, you may have increased periods.

#### 2) High Androgens:

- a. Signs on my body: Acne, extra hair growth, loosing hair on the top of the head
- b. Blood work with a high testosterone. This is best checked in the morning during your period if you are cycling. The test should be a LC-MSMS method.

#### 3) Extra follicles/larger ovary size on Ultrasound

- a. Note, cannot be used within the first 8 years after your first period
- b. Different cutoff's based on type of ultrasound, 12-15 follicles per ovary and 10 cm volume

#### 4) No other causes of abnormal periods or high androgens

- a. Thyroid: TSH
- b. Breastfeeding hormone: Prolactin
- c. Pregnancy: HCG
- d. Ovary failure: FSH
- e. Enzyme abnormalities, congenital adrenal hyperplasia: 17-hydroxyprogesterone
- f. Adrenal tumor: DHEAS

#### 5) Other labs

- a. Other labs are sometimes used to try to better understand your body, but are not part of the diagnosis of PCOS. They may include anti-Mullerian hormone (AMH) or insulin.

### 1) Period pattern:

- a. Longest time between periods: \_\_\_\_\_
- b. Average time between periods: \_\_\_\_\_
- c. Number of periods in the year prior to diagnosis: \_\_\_\_\_

### 2) High Androgens:

- a. Signs on my body (circle all those that apply):  
Acne (face, chest, back)  
Extra hair growth (face, chest, stomach, lower back, upper back, upper thighs)  
Loosing hair on the top of the head
- b. Testosterone level: \_\_\_\_\_  
Normal range for test: \_\_\_\_\_  
Time of day of test: \_\_\_\_\_  
Day of cycle of test if known: \_\_\_\_\_

### 3) Ovary Ultrasound

Date of ultrasound: \_\_\_\_\_ Age at ultrasound: \_\_\_\_\_  
Left ovary size: \_\_\_\_\_ follicle count: \_\_\_\_\_  
Right ovary size: \_\_\_\_\_ follicle count: \_\_\_\_\_

### 4) No other causes of abnormal periods or high androgens

- a. Thyroid: TSH \_\_\_\_\_
- b. Breastfeeding hormone: Prolactin \_\_\_\_\_
- c. Pregnancy: HCG negative positive
- d. Ovary failure: FSH \_\_\_\_\_
- e. 17-hydroxyprogesterone \_\_\_\_\_ Normal range: \_\_\_\_\_
- f. DHEAS \_\_\_\_\_ Normal range: \_\_\_\_\_