Menopause Hormone Levels: Reference and Tracking Sheet

Patient name: _____ Date of birth: _____ mm / dd / yyyy

Record number: _____ Clinician: _____

Date of last menstrual period: _____ mm / dd / yyyy Reported stage: _____

Typical hormone patterns by stage

Stage	FSH	Estradiol (E2)	Progesterone
Reproductive (regular cycles)	Follicular 3.5–12.5 IU/L; mid-cycle surge higher	Follicular 12–166 pg/mL; mid-cycle peak higher	Follicular <1 ng/mL; luteal 1.2–15.9 ng/mL
Early transition	Variable, often still within the reproductive range	Variable; may run high before it falls	Luteal level may be low in anovulatory cycles
Late transition (perimenopause)	Often above 25–30 IU/L, but swings between tests	Falling, with wide swings	Often low; cycles frequently anovulatory
Postmenopause	Typically above 30–40 IU/L, often higher	Usually below 20 pg/mL	Low and stable

Reference intervals are assay-dependent. Always interpret a result against the reporting laboratory's own range, not this sheet.

Before you order a test

- In women aged 45 and over with typical symptoms, menopause is a clinical diagnosis. Hormone testing is usually not required.
- FSH is most useful under 45, where early menopause is suspected, or after a hysterectomy.
- FSH swings widely across the transition. One result in the normal range does not rule it out, so repeat before you act on it.
- Combined hormonal contraception and some hormone therapy suppress FSH and make it unreliable.
- Record the cycle day with every result. Estradiol and progesterone cannot be read without it.

Results tracker

Date	FSH (IU/L)	Estradiol (pg/mL)	Progesterone (ng/mL)	Cycle day	Laboratory / assay	Notes

Symptoms and treatment response

Interpretation and plan