Premature ovarian insufficiency (POI) is defined as loss of ovarian function under age 40 years.

**Diagnostic criteria**
- Oligo/amenorrhea for at least 4 months AND
- FSH levels >25 IU/l on 2 tests, at least 4–6 weeks apart (When not on any hormone therapy)

**YES**
- POI confirmed

**NO**
- Consider alternative diagnosis

Inform in a sensitive manner
- Provide information

Evaluation to assess cause
- Medical history + Examination
- Pelvic / Vaginal Ultrasound

Previous history of chemotherapy/ radiotherapy/ pelvic surgery/ bilateral oophorectomy

**Iatrogenic POI**
- YES

**Non-iatrogenic** (Consider autoimmune, genetic and infectious diseases)

Counselling for Gonadectomy

Y chromosome

Karyotype testing

Abnormal
- Further evaluation for co-morbidities

Normal (46XX)
- Refer to geneticist

Negative
- Fragile X testing

Positive

Antibody testing
- Thyroid
- 21 hydroxylase antibody for adrenal
- Other (eg. coeliac)

Negative
- Idiopathic POI
  - Retest if signs or symptoms develop
  - Inform in a sensitive manner

Positive
- Adrenal
- Refer to endocrinologist
- Thyroid
- Annual TSH
- Other
- Refer to specialist

Practice point: Karyotype, fragile X and antibody testing are often performed at the same time for practical purposes.

Abbreviations: FSH, follicle stimulating hormone; TSH, thyroid stimulating hormone