

# HORMONE LAB DRAW INSTRUCTIONS

## Women

- Fasting will be required for lipid levels, fasting glucose, or CMP. Please be sure to fast for at least 8 hours prior to your labs. You may drink water and/or plain black coffee (no creamer or sugar) the morning of the lab draw, just no tea or soda.
- If you cycle, please be sure to have your labs drawn on cycle day 21

Please have your labs drawn 3-5 hours after morning use, for additional instructions please see below:

- If you are using **Testosterone cream**, please use night prior to lab draw.
- If you are taking **Progesterone capsule or cream**, please take in the a.m. the day prior AND the morning of the lab draw.
- If you are using **Estradiol cream, gel (Best)**, please use the cream the night prior AND the morning of the lab draw.
- If you are taking **Estradiol, DHEA, Thyroids** tablets or capsules, please take the morning of the lab draw.
- If you are on **Synthetic hormones or birth control**, it is ideal if you are off these medications for 2 weeks.
- Resume your normal hormone schedule after having your labs drawn

## Men

- Fasting will be required for lipid levels, fasting glucose, or CMP. Please be sure to fast for at least 8 hours prior to your labs. You may drink water and/or plain black coffee (no creamer or sugar) the morning of the lab draw, just no tea or soda.
- Please abstain from sexual intercourse for at least 48 hours prior to your lab draw, so that we can obtain an accurate PSA level.

Please have your labs drawn 3-5 hours after morning use, for additional instructions please see below:

- If you are using **Testosterone cream twice a day**, please use night prior and morning of the lab draw.
- If you are using **Testosterone cream once a day**, please use cream the morning of the lab draw.
- If you are using **Testosterone Injections**, please have labs done the day before the shot is due.
- If you are taking **DHEA, Thyroids** tablets or capsules, please take the morning of the lab draw.
- Resume your normal hormone schedule after having your labs drawn