

# PREPARING FOR YOUR HRT LABS

Hormone testing can be affected by timing, medications, supplements, exercise, and other factors. Please follow the instructions below to help ensure your lab results are as accurate and consistent as possible.

## General Instructions

- Have your labs drawn between **7:00–10:00 AM**.
- **Fast before your lab draw**. Water and black coffee are okay.
- Drink plenty of water before your appointment to help with hydration.
- Avoid strenuous exercise for **24 hours** before your lab draw.
- Men should avoid sex/ejaculation for **24–48 hours** beforehand.
- Wait to take vitamins and supplements until **after your blood draw**, unless you have been given different instructions.
- Wait to take your morning **hormone replacement or thyroid medication** until after your blood draw. *See full list of HRT instructions below*
- Continue taking all other prescription medications as directed.

## For Women Who Still Have a Menstrual Cycle

Hormone labs are generally scheduled during **days 21–25 of your menstrual cycle**, counting the **first day of your last/current period** as Day 1.

## If You Are Currently on Hormone Replacement Therapy

### Testosterone Injections

Schedule your lab draw **midway between injections** unless your provider has given you different instructions.

### Testosterone Creams or Gels

Have your labs drawn **before applying your morning dose**.

### Testosterone Pellets

Labs can generally be drawn **at any time** unless otherwise directed.

### Estrogen or Testosterone Patches

Continue wearing your patch as prescribed. If possible, schedule your labs **on the day you are due to change your patch and before applying the new patch**.

## Oral Hormone Therapy

- **Estrogen, DHEA, and Pregnenolone:** Wait to take your morning dose until **after your blood draw**.
- **Progesterone:** Continue taking it as prescribed. Most patients take progesterone at bedtime.

## Thyroid Medication

Wait to take your morning thyroid medication until **after your blood draw**, unless your provider has instructed you otherwise.