



RIVERSIDE MEDICAL ARTS

HORMONE BLOOD TEST GUIDELINES

Dr. Gayle Carter's Patients

Pre-Menopausal/Menstruating Women need to have their blood checked **on the 21st – 25th day of their menstrual cycle**...day 1 is the first day the patient starts bleeding.

Patients should **NOT** take their **THYROID** medication the day of their blood draw. Your last Thyroid dose should occur 24 hours before your blood draw.

If patients are taking **BIOTIN (Hair Skin and Nails, B-Complex)** as a supplement, your last Biotin dose should occur 72 hours before your blood draw.

If patients are taking compounded T3 only, they should take their T3 the morning of the test and have blood drawn 6 hours after taking it.

Starting **3 days before your blood draw**, patients who take **ANY AND ALL OTHER HORMONES (excluding thyroid)** should switch to taking all hormones in the evening. **This occurs for 3 consecutive nights including the night before the test.** Patients should have blood drawn about 12-14 hours after taking or applying their hormones the night before.

If patient is using an **Estrogen patch**, please make sure to have your **blood drawn mid-patch change**. For Example: if you apply your patch Monday and Thursday have your blood drawn Wednesday morning.

Men doing **Testosterone injections**, have your **blood drawn mid-cycle (4 days after injection)**. For Example: if you inject on Sunday have your blood drawn Thursday morning.

Patient should not take/apply any hormones the morning of the test. Early morning blood draws are ideal.

If the patient applies hormone on a twice a day basis, apply both doses at night for the 3 nights before the test.

- **Fasting is not required for hormone testing.**
- **Fasting is only required** if the patient is testing fasting glucose (Comprehensive Metabolic Panel), insulin, cholesterol, etc.