



RIVERSIDE MEDICAL ARTS

HORMONE BLOOD TEST GUIDELINES FOR PATIENTS

All Patients-

You should not take or apply any hormones the morning of the test.

Early morning blood draws are ideal.

Please **FAST** for 12 hours before your blood draw. You may drink water only, please make sure to drink water the morning of the blood draw. Do not exert yourself and/or exercise for the 24 hours before the test.

Starting 3 days before your blood draw, if you 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. You should have your blood drawn about 12-14 hours after taking or applying your hormones the night before. If you apply your hormones twice a day, apply both doses at night for the 3 nights before the test.

DO NOT take your thyroid medication the day of your 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.

Additional info for Female Patients-

Pre-Menopausal/Menstruating Women need to have their blood checked on the 19th - 21st day of their menstrual cycle... day 1 is the first day the patient starts bleeding.

If the patient is post-menopausal and already on hormone replacement therapy, do not schedule a follow-up blood draw on Monday mornings because they are not supposed to use their hormones on Sundays, therefore, they will not be able to be tested on Monday.

If patient is using an Estrogen patch, please make sure to have your blood drawn the day before patch change. For Example: if you apply your patch Sunday and Thursday have your blood drawn Wednesday morning.

Additional info for Male Patients-

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.

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

Cortisol Salvia Testing-

If you are completing a Cortisol Salvia test, do not take Progesterone or DHEA the day before the test or the day of the test until the last collection has been made. Women who are still menstruating should test days 5 – 10 of their cycle... day 1 is the first day the patient starts bleeding.