

Lab Work

Your provider will periodically order blood work to monitor your hormone levels.

Tips for successful blood draws

Hydration is important! Please come to your lab appointment well hydrated. Also, be sure to let your provider know if you have a history of fainting or other medical concerns with blood draws. We have several types of comfort measures we offer for blood draws, so let us know if you would like extra support.



Preferred timelines for blood draws*

***Please note that you can come in at any point for a blood draw. Do not skip any doses.**

Estrogen:

Injections: Your labs are preferred to be drawn “mid-cycle”. That would be on day 3 or 4 of your injection cycle. For example, if you inject on Mondays, your ideal lab draw day would be Thursdays or Fridays.

Patches: If you change patches twice per week, come in for lab work on day 2. For example, if you apply your patch Monday, your ideal lab draw day would be Wednesday.

Oral: Labs can be done at any time, your provider will just want to know what time you took your dose.

Testosterone:

Injections: Your labs are preferred to be drawn “mid-cycle”. That would be on day 3 or 4 of your injection cycle. For example, if you inject on Mondays, your ideal lab draw day would be Thursdays or Fridays.

Gel: Labs can be done at any time, your provider will just want to know what time you applied your dose.

Oral: Labs can be done at any time, your provider will just want to know what time you took your dose.



You have the option to schedule a lab visit 1-2 weeks before your next scheduled follow-up appointment with your provider to have your results ready for the appointment.