



BLOODWORK TIMING

The following is a guide to ensure the most accurate laboratory results are obtained for our providers. It is important to take the time to review all medications/supplements before a lab draw to ensure that the results will be meaningful. If at any time there are questions about unique situations or medications, a provider can be consulted for guidance.

FASTING (Meaning 12 hours without food, OK to have black coffee only, water consumption is encouraged)

- If your lab tests will include: Lipids (cholesterol), Insulin, Cortisol
- Check your lab order or ask provider/lab site. Otherwise this is usually not required.

Testosterone Cypionate Intramuscular Injections

- Injecting once weekly:
 1. Draw blood 4 days after last testosterone injection before HCG given (preferred)
 2. Draw blood on day testosterone injection is due, but before it is given
- For twice weekly injections:
 1. Draw blood on the day a testosterone injection is due but before it is given (preferred)
 2. Draw blood on the day right in between the two spaced out doses

HCG (Human Chorionic Gonadotropin)

- No blood draws within 24 hours of an injection

Anastrozole- (aka Arimidex, typically dosed between 1-3 times per week)

- Do NOT take on day of lab draw

Thyroid pills - (NP thyroid, Nature Thyroid, Armour, Levothyroxine, Synthroid, Cytomel, etc.)

- AM blood draws (8-10AM) Do NOT take thyroid pill
- PM blood draws (6+ hours after pill time) TAKE PILL as usual that morning

Hormone creams (Biest, Estradiol, Progesterone, Testosterone, or Combinations)

- AM blood draws (8-10AM) Do NOT apply AM creams until after draw
- PM blood draws (6+ hours after usual application time) Apply cream in AM as usual that morning

Progesterone capsules

- These are always taken at bedtime, so no change to dosing schedule for labs.

Peptides (CJC 1295 / Ipamorelin, Sermorelin, Etc.)

- Often dosed at bedtime, so no change to dosing schedule for labs.