
Instructions for Female Hormonal Lab Tests

The timing of your lab sample collection depends on whether your menstrual cycle is regular, irregular, or absent. Please follow the appropriate guidelines below:

Regular Menstrual Cycle:

1. The blood sample should be collected the day after your menstrual bleeding ends.
2. Schedule the test for the morning, preferably around 8 AM. If the time goes beyond 9 AM, the test should be rescheduled for the next cycle.
3. You should fast for at least 6 hours before the test.

Irregular Menstrual Cycle:

1. Wait up to 2 months to see if your period occurs. If you get your period, the sample should be collected the day after the bleeding stops. If no period occurs within those 2 months, proceed with the sample collection.
2. Schedule the test for 8 AM. If it's later than 9 AM, reschedule for the next cycle.
3. Ensure you have fasted for at least 6 hours before the test.

Absent Menstrual Cycle:

1. The test should be scheduled for 8 AM. If the time is later than 9 AM, reschedule for the next cycle.
2. You should fast for at least 6 hours before the test.

Other Important Considerations:

- **Medications:** If you are taking hormonal contraceptives or hormone replacement therapy (HRT), it could affect your test results. You may need to stop these medications for 2-3 months before the test unless advised to continue by your doctor.
- **Biotin Supplements:** Avoid taking biotin supplements for 10 days before your test, as it may interfere with the results.

Important:

Lab results may take 2 weeks to be reported. Please ensure that your lab work is done ahead of your scheduled office appointment.