



Instructions for obtaining your first-time visit labwork

For Female Patients:

Do not have anything to eat or drink for 8 hours prior to your lab draw. Do not take any thyroid medication the morning of the labs. Do not take any oral hormone pills or use any hormone creams, gels, or patches for 24-48 hours prior to labs. You may resume the use of thyroid and/or hormones you have been using after the lab is collected.

For Male Patients:

Do not have anything to eat or drink for 8 hours prior to your lab draw. Do not take any thyroid medication the morning of the labs. If you are using testosterone by injection, have the labs done preferably the day you are due for another shot, or at least 5-6 days after your most recent shot. If you are using a testosterone cream or gel, do not use any for 24-48 hours prior to labs. You may resume the use of thyroid and/or testosterone you have been using after the lab is collected.

For questions, please contact our office at 775-348-9798