

## Hormone Test Instructions:

Below, you will find a set of numbered instructions for patients who are currently taking specific hormone therapies.

If you are presently on any of the outlined hormones, please follow the protocol for the hormone(s) that apply to your treatment plan. Briefly summarized, all of the hormones are to be taken six hours prior to the blood draw, with the test being completed in the morning at 8 or 9. For the sake of simplicity, Wednesday will be used as the hypothetical testing day in the directions given below.

- 1. DHEA/Testosterone:** three days before the test, switch your morning dose to the evening. On the night before the testing day, only one dose should be taken at midnight.
- 2. Estrogen/Testosterone/Progesterone Creams:** should be used at midnight the night before, and not on the day of the test.
- 3. Thyroid:** should only be taken on the day before the draw in the am, but not in the afternoon. Also, be sure to take your afternoon dose at 12:00 am to 2:00 am of the testing day.
- 4. HGH Injection:** administer it at anytime during the evening before the test.
- 5. Pregnenolone:** should be taken in the am on the day before the test, but not on the day of the test.
- 6. ATTENTION:** Do not take any hormones on the day of the test *EXCEPT* Cortef, which is permissible as long as your cortisol is not being measured. Additionally, **Florinef can be taken as prescribed**, unless (as in rare circumstances) a second aldosterone measurement is required.