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INSTRUCTIONS FOR BLOOD TESTING

Please follow all directions according to the medications you are currently taking. Please ask if you need to fast prior to your blood draw.

Fasting Blood draws

Fast for at least 10 hours (no food, coffee, tea or soda. You can always drink plenty of water)

INSULIN: Take medication as prescribed.

CHOLESTEROL & TRIGLYCERIDES: Take medication 10 – 12 hours prior to test.

For example: take med between 9 pm – 11pm and come in for a 9 am

NON-Fasting Blood draws

THYROID:

Take 5 hours prior to blood being drawn.

TESTOSTERONE:

Pellets: Recheck labs 30 days after initial insertion

Oral or troche: Take 5 hours prior to draw

Injections: If **IM** injected weekly, test must be drawn 4 days after injection

If **subcutaneous** injected weekly, test must be drawn 3 days after injection

Topical Woman: Apply 12- 18 hours prior to blood being drawn

Topical Men: Apply 5-6 hours prior to blood being drawn

ESTROGEN:

Patch: Apply **New** patch day before blood draw

Toche: Take 4-6 hours before blood draw

Topical: Apply 6 hours before blood draw

Injections: Blood draw should be done 4th day after the last injection

PROGESTERONE:

Troche: Take 4 – 6 hours before test

S.R. (Sustained release) Oral: Must take within 10 hours before blood draw

Topical: **Do NOT** apply day of blood draw

DHEA:

Oral : Take as prescribed

Topical: **Do NOT** apply day of blood draw

GROWTH HORMONE:

Do NOT take dose the night before testing



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Menopausal women:

1. Most hormone labs need follow up blood work in 3 months. If balanced then annual (blood test) follow up thereafter

Premenopausal women: *(Gay will tell you which test you need follicular or luteal)*

1. Follicular phase – labs drawn on day 2-3 of menses
2. Luteal phase – labs drawn on day 17-20 of menses
3. If not menstruating because of IUD or ablation etc. then a random lab draw will be drawn (this may be followed up in two weeks)

Men:

1. Initial Testosterone recheck in 6 weeks
2. Two PSA (Prostate Specific Antigen) per year