

## Blood Work List

### Female:

CBC (hematology) with Differential  
Comprehensive Metabolic Panel  
Lipid panel  
GGT  
TSH, Free T3 and Free T4  
Ferritin  
Free and Total Testosterone  
Sex hormone binding globulin (SHBG)  
Estradiol  
Progesterone  
FSH & LH  
Insulin  
HBA1c  
Homocysteine  
B12 & Folate

### Male:

CBC (hematology) with Differential  
Comprehensive Metabolic Panel  
Lipid panel  
GGT  
TSH, Free T3 and Free T4  
Ferritin  
Free and Total Testosterone  
Sex hormone binding globulin (SHBG)  
Estradiol  
Insulin  
HBA1c  
Homocysteine  
B12 & Folate  
Prolactin (under 30 yrs) or Prostate specific antigen PSA (over 40 yrs)

### Instructions for lab work:

- Please book your labs for the morning for most accurate result at <https://www.albertaprecisionlabs.ca/>
- Do not take your thyroid or HRT before doing labs (can take after)
- If you are taking a **biotin** supplement, stop 3 days before lab work
- Please be fasted (water only) a min of 12hrs
- Day 21 of your cycle (if applicable for female hormone labs)
- If on testosterone injection, please wait till day 4 after injection
- If using test/est cream, do not apply till after labs are done.
- If using an estradiol patch, do labs the day before new application.