



Idaho Center for Regenerative Medicine

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Blood Draw Instructions

Please use the lab requisition form given to you from your last office visit. Please have your labs drawn two weeks prior to your scheduled appointment to ensure that we have received your lab results back prior to your appointment. Lab test ordered by your provider differ from each visit. Appointments not necessary for lab draw. We recommend you call the lab of your choice to confirm hours of operation.

1. Blood must be drawn at 8 AM for accuracy of hormone levels. No exceptions.
2. Fasting blood sugars (FBS), fasting insulin and lipid (cholesterol) levels are drawn after fasting overnight (no food after 10 pm). This, too, is an 8 AM lab draw.
3. If you are on topical estrogen and/or topical testosterone creams: 3 days prior to the morning lab draw, switch morning application to an evening application. Resume morning application of creams after lab draw.
4. If you are on intramuscular (IM testosterone), blood levels should be checked 3.5 to 4 days after injections. (i.e. Sunday evening injections = Thursday morning lab draw)
5. In women who are menstruating: labs must be drawn on the 21st day after onset of menstrual cycle. If the 21st day falls on a weekend: we recommend getting your labs drawn at a hospital lab or go on day before (i.e. Friday) or following Monday if using private lab.
6. Avoid taking supplements and thyroid medication prior to lab draw. Resume taking supplements and thyroid medication after lab is drawn.