



Idaho Center for Regenerative Medicine
208-995-2802 / 208-995-2804 (fax) / www.icrmboise.com

Blood Draw Instructions

Please take the lab requisition form given to you from your last office visit with you to the lab. 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 each visit. No appointment is necessary for lab draws. We recommend you call the lab of your choice to confirm hours of operation.

We will attempt to extend the time between your office visits to as long as feasible. We understand that you are paying out of pocket. Nevertheless, it is imperative that I see you and review your labs frequently enough to make appropriate adjustments as needed. This is both medically-legally necessary and optimal for your healthcare. Therefore, please be sure that you have obtained your labs at the proper time and make your scheduled appointment. Please be advised that if you cancel and/or reschedule, we will not refill your prescriptions until we see you and your labs.

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 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.