



## Idaho Center for Regenerative Medicine

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### Blood Draw Instructions

Please take the lab requisition form given to you from your last office visit with you to the lab. *This is the patient's responsibility.* Lab tests ordered by Dr Haake differ each visit (please use the most recent lab requisition). Please take photo of your lab requisition in case you misplace it.

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. No appointment is necessary for lab draws at Express labs. We do recommend you call the lab of your choice to confirm hours.

It is imperative that Dr Haake sees you and reviews your labs frequently enough to make appropriate adjustments as needed. This is both medically and 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.

**Be advised if you cancel and/or reschedule, we will not refill your prescriptions until we see you and your labs. We are filling quickly- rescheduling is becoming difficult.**

1. **Blood must be drawn at 8AM for accuracy of hormone levels. No exceptions.**
2. **Fasting blood sugars (FSB), fasting insulin and lipid (cholesterol) levels are drawn after fasting overnight (no food after midnight). This, too, is an 8AM 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 21<sup>st</sup> day after onset of menstrual cycle. If the 21<sup>st</sup> day falls on a weekend: we recommend getting your labs drawn at a hospital lab or go on day before (i.e., Friday) of 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.**