

PCOS Lab Instructions

How to prepare for hormone blood tests related to PCOS (Polycystic Ovary Syndrome)

Accurate PCOS hormone testing requires specific timing and preparation. Please follow these instructions carefully so your results are reliable and meaningful.

Fasting Instructions

Fast for 8–12 hours before your blood draw. Water is fine. No food, coffee, juice, or anything other than water.

Timing Based on Your Menstrual Cycle

If you still have a menstrual cycle, the timing of your blood draw matters because hormone levels fluctuate throughout the month.

Test	Best Day to Test	Notes
LH, FSH	Days 2–5 of cycle (day 1 = first day of period)	Follicular phase — most accurate
Testosterone, DHEAS, Androstenedione	Any day, morning preferred	Androgens are most accurate in AM
Progesterone	Day 21–23 (if regular cycles)	Confirms whether ovulation occurred
Fasting insulin & glucose	Any day, fasting	Evaluates insulin resistance
AMH (Anti-Mullerian Hormone)	Any day of cycle	Does not vary with cycle

Note: If you do not have regular periods or are not currently having periods, please let the lab know. Your doctor may have given you specific instructions for your situation.

Medications to Discuss with Your Doctor

- **Birth control pills** — suppress LH, FSH, testosterone. Ideally stop 2–3 months before testing if possible and safe for you.
- **Spirololactone** — affects androgen levels. May need to be held before testing.
- **Metformin** — continue as normal.
- **Inositol supplements** — continue as normal.

Morning Collection Preferred

Testosterone and other androgens are highest in the morning. Schedule your blood draw before 10:00 AM whenever possible for the most accurate results.