

### **How our doctors will report on female hormone tests.**

Our female hormone tests are designed to be taken on specific days of the menstrual cycle as follows:

- LH FSH or oestradiol tests: Days 2-5 of menstrual cycle (day 3 is ideal)
- Progesterone (ovulation): 7 days before their next period (or day 21 if they have a 28-day cycle).

It is your responsibility to advise your patients to take their sample at the correct time in their cycle.

In all cases we will show a numeric result with all the laboratory ranges for different phases of the cycle. However, our doctors will report on the result as if the sample was taken on the correct day of the cycle unless you tell us otherwise.

- If your patient is postmenopausal, please let our doctor know in the “Notes for reporting doctor” field when you place the order.
- If you are collecting the sample for your patient and know the date of their last menstrual period, then please let our doctors know in the “Notes for reporting doctor”.
- If your patient is collecting the sample themselves and you have given them different instructions on when to take the test, then please let our doctors know in “Notes for reporting doctor”.
- If your patient is collecting their sample themselves and you do not know when they will take it, then our doctors will assume that the sample was taken on the correct day of the cycle. However, if the sample was not collected at the right time, we will provide all the relevant laboratory ranges so that you and your patient can work out which range to apply to their test results.

### **What information you need to provide in the notes.**

- *If your patient has regular, irregular periods, going through the menopause, been through the menopause, uses contraception that stops periods, has had a hysterectomy.*
- *If they are pregnant.*
- *The date of their last menstrual period if known (first day of their last menstrual period).*
- *Cycle duration if known (first day of their period to the day before their next period e.g. 28 days)*
- *If they take hormonal medication such as HRT or the contraceptive pill.*
- *What hormonal medications they take.*
- *Any instructions you have given them on what day to take their test.*