

HORMONE BLOOD WORK TIMING

This handout will help you understand when to schedule your hormone blood work so that your results are as accurate and useful as possible. Hormones fluctuate throughout your menstrual cycle, so the timing of your test is important.

WHEN TO TEST

- For the most accurate hormone readings, blood work should be done on day 19-21 of your cycle.
- Day 1 of your cycle is the first day of your period - this is the first day you see bleeding, not just light spotting.
- This timing typically captures your mid-luteal phase, when certain hormone levels peak and give us the clearest picture of your balance.

HOW TO CALCULATE YOUR TEST DAY

- Count from the first day of your period: The first day you bleed is Day 1. Count forward until you reach Day 19-21 - this is your ideal testing window.
- If your cycle is irregular or you are unsure when ovulation occurs: Use an ovulation tracker (urine LH strips, basal body temperature tracking, or wearable devices) to determine your ovulation day. Plan your blood work for 7-9 days after ovulation.
- If you do not get regular cycles: Talk with your clinician about the best strategy for timing your hormone testing, as different approaches may be needed.

Example: If your period starts on March 1st, that is Day 1. Count forward - March 19th to 21st would be your ideal testing window.

TIPS FOR SUCCESS

- Mark your cycle days on a calendar or in a tracking app.
- Schedule your blood work in advance so you can get it done within your window.
- Let your provider know if your cycle changes or if you miss your testing window.