

Newson Clinic Knowledge Factsheet

What should I know before having a blood test while on HRT?

Newson Clinic's guide to blood tests while on HRT.

This is general advice – your clinician may give you other instructions

Oestrogen gels

You should not apply gel to your arms on the morning before your blood test, whether the blood test is in the morning or the afternoon. You can apply gels to your legs before a blood test but must ensure that you wash your hands thoroughly to avoid the transfer of oestrogen gel to your arms.

Oestrogen patches

You should apply your patches in the usual way before a blood test. There is no need to change the schedule of application of patches, or the timing of application of patches prior to a blood test.

Oestrogen sprays

You should apply your spray to the lower part of your arms prior to your blood test whether the blood test is in the morning or the afternoon.

Progesterone tablets

You should continue to take your progesterone tablets as normal the night before a blood test. There is no need to change to the timing or schedule of the progesterone dose before your blood test.

Oestrogen/progesterone combination patches

Combination patches such as Evorel Conti or Evorel Sequi should be applied as normal before a blood test. There is no need to change the timing or schedule of the application of these patches before a blood test.

Testosterone creams and gels

You should apply your testosterone gel or cream to the outer thighs, lower abdomen or bottom as usual on the day of their blood test. You should ensure that you wash your hands well to avoid the transfer of testosterone cream or gel to your arms.

If in you normally apply testosterone gel or cream to your arms, then you should apply it on your legs on the morning of the blood test if you usually use testosterone in the mornings. You should use your testosterone cream or gel at the usual time the following day.

Vaginal pessaries and creams

Vaginal oestrogen and DHEA (Intrarosa) pessaries, and vaginal oestrogen creams can be inserted into the vagina or used externally to the vulval area prior to a blood test as normal. If vaginal oestrogen cream is applied in the morning before a blood test, you should wash your hands thoroughly after application to avoid the transfer of any oestrogen cream to the arms.