

Preparing for hormone blood test

You have received a referral for a hormone blood test.

Preparing and booking a time for sampling

The samples can be **taken in any Tykslab laboratory unit or at your local health center.**

Book a time online <https://tyks.vihta.com> /schedule an appointment or from the number 02 313 6321 (Monday–Friday, 7.00 am–2.30 pm).

If you have your samples taken in a laboratory unit that is not a Tykslab unit, take the separate laboratory referral (attached) with you!

Please note:

- Female hormone blood samples are taken in the beginning of **the menstrual cycle, between the 3rd and 5th day of menstrual flow.**
- In cases where the menstrual cycle is very long and irregular, samples can be taken on any day of the menstrual cycle.
- **Male hormone blood samples** have no specific time related requirements. **If you are using Pregnyl® or Ovitrelle® injections, the blood sample needs to be taken 3 days after the injection.**
- Samples are taken **in the morning between 7 and 10 am** after an overnight fast.
- You must have been **awake for 2 hours before the sample** is taken. In addition, **avoid strenuous physical activity.**

The following factors can affect the results of the laboratory tests

- Tobacco, coffee and tea can affect the results of some hormone sample tests.
- Prolactin can be falsely elevated if you have had intercourse and/or if you have examined your breasts the previous evening.

Receiving the results and follow-up

Medication and follow-up care is arranged individually with the unit that is responsible for your care. You will receive your results as previously agreed with your care provider.