

The Testing Guide

THE PITUITARY HORMONES

INDICATIONS	TIME OF CYCLE	TIME OF DAY
<p>for fertility conversations</p> <p>to try about anovulatory cycles</p> <p>to pause confirmation (will be high)</p>	Day 2 to 4	anytime
<p>is the hormone that tells your body to break open and release the egg</p>	Day 2 to 4	anytime
<p>may be high if breastfeeding</p> <p>will be high normal if highly-stressed</p> <p>prolactin with no breastfeeding will generally stop ovulation</p>	anytime	anytime

HOW (& WHEN) TO TEST YOUR HORMONES

	INDICATIONS	TIME OF CYCLE	TIME OF DAY
TSH	tired weight gain (& hard to lose) dry skin cold hands & feet	anytime	before 10am on an empty stomach
T4	usually only done if TSH is out of range or if you take a thyroid medication indicates inactive thyroid hormone	anytime	before 10am on an empty stomach
T3	usually only done if TSH & T4 are out of range can fluctuate easily (so not the most reliable) indicates the active thyroid hormone	anytime	before 10am on an empty stomach
ANTI-TPO	helpful to pick up autoimmune issues with the thyroid may be indicated with a strong family history of thyroid medication use	anytime	anytime
ANTI THYROGLOBULIN ANTIBODIES	helpful to pickup autoimmune issues with the thyroid may indicate an issue like celiac disease or gluten intolerance help to complete if celiac disease or other autoimmune diseases are present	anytime	anytime

** reverse T3 is a highly unreliable marker, so should only be completed with a medical provider if indicated.

	INDICATIONS	TIME OF CYCLE	TIME OF DAY
FSH	fertility conversations worry about anovulatory cycles menopause confirmation (will be high)	Day 2 to 4	anytime
LH	this is the hormone that tells your follicle to break open and release the egg	Day 2 to 4	anytime
PROLACTIN	may be high if breastfeeding will be high normal if highly-stressed high prolactin with no breastfeeding will generally stop ovulation	anytime	anytime

technically TSH is a pituitary hormone, but we included it on the thyroid page for ease

there are other pituitary hormones, but these three are usually the most indicated in the general hormone conversation

FSH is an incredibly important hormone, as this hormone talks to the ovaries and helps to produce the follicle (which produces estrogen). A high FSH with a low estradiol may indicate perimenopause. A low FSH, low LH and low ovarian hormones may indicate hypothalamic amenorrhea.

	INDICATIONS	TIME OF CYCLE	TIME OF DAY	NOTES
ESTRADIOL	perimenopause menopause heavy and irregular cycles light cycles	Day 2 to 4	anytime	a low-normal estradiol at this time of cycle is generally a good thing a high estradiol at this time of the cycle usually indicates that ovulation did not happen the cycle before menopause is (usually) confirmed with a high FSH and low estradiol
PROGESTERONE	ovulation	~ 4 to 6 days after ovulation	anytime	this test is simply confirmatory of ovulation. it doesn't matter what the number is, as progesterone levels fluctuate over a 24 hour period in response to LH from the pituitary. Therefore any number in the "normal" range is great!

technically TSH is a pituitary hormone, but we included it on the thyroid page for ease
there are other pituitary hormones, but these three are usually the most indicated in the general hormone conversation

	INDICATIONS	TIME OF CYCLE	TIME OF DAY
INSULIN	irregular cycles difficulty with weight loss	anytime	before 10am on an empty stomach
GLUCOSE AC	a snapshot picture of your blood sugars at the exact moment the blood is taken	anytime	before 10am on an empty stomach
HGA1C	a 3-month picture of your blood sugars	anytime	anytime

Glucose AC and Insulin are scored together to determine a HOMA-IR Score.

A HOMA-IR Score under 1.1 indicates good insulin resistance, while a HOMA-IR Score over 1.9 indicates early insulin resistance and anything over 2.5 indicates strong insulin resistance.

This marker can be especially helpful in predicting risk of diabetes, gestational diabetes, and PCOS

OTHER HORMONES OF NOTE

	INDICATIONS	TIME OF CYCLE	TIME OF DAY
TESTOSTERONE	irregular cycles difficulty with weight loss acne	anytime	anytime
BIOAVAILABLE TESTOSTERONE	irregular cycles difficulty with weight loss acne	anytime	anytime