



Hormone Testing

Serum (Blood) Hormone Testing

Serum is ideal for testing peptide hormones such as FSH, LH, prolactin, fasting insulin and thyroid hormones. It is also used to measure binding globulins such as sex hormone binding globulin (SHBG) and cortisol binding globulin (CBG). For many other hormones, testing them in the blood gives us only the total hormone level and does not distinguish between bound (inactive) hormones and those that are free (active). Additionally, serum hormone testing gives us only a 'snapshot' of your biochemistry. It is difficult to determine if the level of hormone represents a peak, a valley, or a moment of transition from one to another. Lastly, serum hormone tests do not allow for measurement of hormonal metabolites.

If your doctor chooses to measure your hormone levels in serum, the lab technician will perform a simple blood test and draw a few vials of blood. The entire visit will take around 15 minutes.

Salivary Hormone Testing

Saliva collection allows for multiple collections over a day or month which provides a more detailed picture of hormonal fluctuations. Saliva can only be used to evaluate steroid hormones, including estrogens, progesterone, testosterone, DHEA, and cortisol. Salivary measurements are greatly affected by the use of exogenous hormones therefore it is pertinent to be aware of any current hormonal prescriptions prior to testing.

If your doctor choose to measure your hormone levels via salivary testing, our lab technician will meet with you to discuss a salivary hormone test kit that you will take home, to complete on a day that is typical of your usual activity and stress levels. This visit will take about 15 minutes. You will be instructed to complete saliva samples prior to eating or brushing your teeth at one or multiple points throughout the day. You can refrigerate the samples and bring them back to our office for processing at your next convenience.

Urine Hormone Testing

Urine testing is an effective way of analyzing hormone metabolites. Generally urine is collected for 24-hours to obtain a complete picture of the amount of metabolites excreted. Samples are affected by dehydration or excessive fluid intake therefore both must be avoided during the sample period. Additionally, previously diagnosed liver or kidney disease likely will exclude urine hormone testing as a viable option.

If your doctor chooses to test your hormone levels using urine hormone testing, our lab technician will meet with you to discuss a urine test kit that you will take home and complete on a day that is typical of your usual activity and stress levels. This visit will take about 15 minutes. You can refrigerate the sample and bring it back to Integrative for processing at your next convenience.

NOTES
