



Thank You For Your Lab Order!

Your lab will be collected and tested by LabCorp Laboratories.

Please click [HERE](#) to locate the closest participating [Labcorp](#) near you. Here, you will also be able to book your lab draw appointment. When booking your appointment, please keep in mind that lab results are best completed fasted and before any physical activity.

Be sure to have your **Lab Req form** pulled up in your Patient Portal App or bring a printed copy to your appointment. Your Lab Order can be viewed and downloaded in your [Patient Portal](#) > Labs > Lab Orders.

Lab results will be posted to your 1st Optimal member portal within **14-20 business days** after your sample is deposited to the lab.

**Labcorp is the only lab facility that may fulfill this lab order. Please do not use any other lab facilities, as it may result in additional charges.*

Helpful reminders for the optimal lab results:

For Female Patients:

- Your sample should be drawn in the luteal phase of your cycle (day 19-21) for best results.

1. Fasting Requirements:

- Fast for 8-12 hours before the blood draw. During this period, only drink water. Avoid food, coffee, and alcohol.
- Hydration is important, so drink plenty of water before the test to ensure proper blood flow.

2. Medication Timing:

- Testosterone Replacement Therapy (TRT) injections: Schedule your blood test at trough levels, meaning the day before or the same day as your next scheduled injection. This reflects the lowest level of testosterone and ensures consistent results.
- Topical Testosterone (gels/creams): Do not apply your testosterone gel/cream on the day of your blood draw. Apply as usual the day before, ensuring a full 24-hour window before your test.
- Other Hormone Medications (e.g., thyroid, estrogen, progesterone): Consult your healthcare provider, but generally, it's advised to continue as prescribed unless specifically told otherwise.

3. Supplements & Medications:

- Avoid taking vitamins or supplements (especially biotin) 24 hours before your blood draw, as they can interfere with some test results.
- If you are on any medications, continue them as directed by your healthcare provider unless told otherwise.

4. Avoid Strenuous Exercise:

- Refrain from intense physical activity for 24-48 hours before your test, as it can elevate certain hormone levels (e.g., testosterone, cortisol).

5. Alcohol & Smoking:

- Avoid alcohol for 24-48 hours before your blood draw.
- Try to avoid smoking or any nicotine use on the day of the test.

6. Hormone Treatment Adjustments:

- If you're instructed by your provider to skip or adjust your hormone therapy dose for the test, follow those guidelines precisely.

7. Test Timing:

- Morning blood draws are ideal for hormone testing, especially for testosterone, as levels are typically highest in the morning.

