

You'll need to get these bloods done over 2 appointments. The first set ideally should be done day 3 or 4 of your cycle/period. The second set is called day 21 progesterone and these need to be done 7 days after you get a positive ovulation result via urine strip. This may not fall on day 21, it's more important to time them 7 days after ovulation. Plan to be fasted for one of these visits. I have suggested day 21 bloods below as it may be easier to plan a morning appointment 7 days in advance (once you get your positive ovulation). I have placed an asterisk beside the bloods that need to be fasted in case day 3/4 is more suitable for you.

## *Day 3/4 Bloods*

### *Hormones*

FSH  
LH  
Oestradiol  
Testosterone

### *Infection & Inflammation Markers*

CRP C-Reactive Protein  
White Blood Cells  
Liver Enzymes

### *Thyroid Markers*

TSH  
Free T4  
Thyroid antibodies if autoimmunity is suspected

### *Nutrients*

B12  
Folate  
Iron  
Ferritin  
Vitamin D – if possible

## *Day 21 Progesterone*

### *Hormones*

Day 21 Progesterone  
Prolactin\*  
DHEA-S – morning sample  
Cortisol

### *Glucose Markers*

Fasting Glucose\*  
HbA1c

### *Cholesterol\**

- Triglycerides
- HDL
- LDL