

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

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*
Free Androgen Index*
Testosterone*
DHEA-S*
Cortisol

Glucose Markers

Fasting Glucose*
HbA1c

*Cholesterol **

- Triglycerides
- HDL
- LDL