



Greater Glasgow and Clyde Biochemistry

A Guide to Hormone Requesting

Gender restrictions were removed for all Biochemistry test items in ICE in November 2022. To assist with the selection of the correct test item for testosterone +/- androgens, the **Testosterone (male)** and **Androgen profile** (aka **Testosterone (female)**) items will be renamed as of 4th September 2023 (see below for details). NB. Help text will display by hovering over the test name.

Testosterone immunoassay

(previously: "Testosterone (male)")

Help text: For use investigating low endogenous testosterone (early morning sample preferred) or pre/post sex hormone treatment (NOT menopausal)

Clinical indications:

- Erectile dysfunction / investigation of low endogenous testosterone in male patients
- Monitoring sex hormone treatment in transgender patients (trans-male & trans-female)

For use investigating low endogenous testosterone (early morning sample preferred) or pre/post sex hormone treatment (NOT menopausal)

Testosterone (LC-MS/MS) + androgens

Urine Cortisol

Testosterone immunoassay

Urine Drugs of abuse screen routi

Testosterone (LC-MS/MS) + androgens

(previously: "Androgen profile" or "Testosterone (female)")

Help text: For investigating PCOS, clinical hyperandrogenism, menopausal pre/post testosterone treatment. Includes 17-OH-progesterone & androstenedione

Clinical indications:

- Query PCOS / clinical hyperandrogenism in females (see over for advice on sample timing)
- Menopausal testosterone replacement (HRT)

For investigating PCOS, clinical hyperandrogenism, menopausal pre/post testosterone treatment. Includes 17-OH-progesterone & androstenedione

Testosterone (LC-MS/MS) + androgens

Urine Cortisol

Testosterone immunoassay

Urine Drugs of abuse screen

NB. Both these test items are still available within the relevant test panels in the **Collections tab**.

Please see over for advice on sample timing...



Guide to sample timing for female hormone requests

? **PCOS:** Androgen levels vary throughout the menstrual cycle. To exclude androgen excess, samples should be collected in the early follicular phase (day 1-4). Please state the date of LMP to allow interpretation of results.

? **ovulation:** Progesterone should be measured in the mid-luteal phase of the menstrual cycle to confirm ovulation. For a 28-day cycle, this would be day 21. Otherwise samples should be collected 7 days prior to the expected next period.

? **menopause:** FSH should be measured in the early follicular phase of cycle (day 1-4). NB. Biochemistry testing is NOT indicated in women > 45 years.

Follicle-stimulating hormone (FSH) should NOT be measured in the diagnosis of menopause in women aged over 45 years

FSH should be considered to help diagnose menopause in

- women aged 40-45 yrs with menopausal symptoms, including a change in menstrual cycle
- women < 40yrs in whom premature menopause is suspected (obtain FSH levels on 2 blood samples taken 4-6 weeks apart)

Post-menopausal women on HRT: Please refer to the British Menopause Society guidelines on Testosterone replacement in menopause. <https://thebms.org.uk/wp-content/uploads/2022/12/08-BMS-TfC-Testosterone-replacement-in-menopause-DEC2022-A.pdf>

Further advice is available from the duty biochemist

- North Glasgow 0141 242 9500
- South Glasgow 0141 354 9060
- Clyde 0141 314 6157

or the biochemistry website: <https://www.nhsggc.scot/staff-recruitment/staff-resources/laboratory-medicine/biochemistry/>

Correct labelling of qFIT pickers to reduce assay downtime

Incorrectly placed ICE barcodes not only interfere with the qFIT analyser barcode reader, but also prevent the samples from sitting flush on the analyser resulting in probe errors and damage. This has resulted in a considerable amount of down time.

To prevent this, please use the ICE specimen label to cover the 2 large barcodes already on the pickers, but do not cover the expiry date. Also ensure that the ICE specimen label does not overlap on to the lid, i.e. past the red dotted line.

Please do **not** overlap picker lid with ICE label



Attach ICE label to picker

Please do **not** cover picker expiry date