



## Testing Times – Low testosterone in men

## Clyde Sector

Our new series of Testing Times aims to give simple what to do next advice for some of our Biochemistry tests.

What do I do with this result? Repeat? Request additional tests?

**Reference range:** Testosterone local reference range 10-34nmol/L

**Result:** Low concentration on initial testing

- Aim to repeat with **fasted, early morning** sample
- Consider factors which may lower testosterone – **medication** (methadone/opiates, anabolic steroids, GnRH agonists as used in prostatic cancer), **acute illness** (aim to repeat when patient recovered).

Repeat testing confirms low level

### Additional Tests:

- FSH and LH to confirm whether hypogonadotropic or hypergonadotropic hypogonadism.
- If FSH/LH low or normal consider pituitary bloods (TFTs, prolactin, and early morning cortisol) and discuss/referral to endocrinology.

## Changes to GP ICE

### Urine Pregnancy Testing

After discussion with obstetric and primary care representatives it is no longer recommended that urine pregnancy testing is available from NHSGGC laboratories. Please send a serum HCG if pregnancy testing is required. The urine pregnancy testing item will be removed from electronic requesting from 1<sup>st</sup> October 2021.

### Total Cholesterol/Triglyceride

Recent guidelines on cardiovascular risk reduction suggests patients should be assessed not on total cholesterol but LDL cholesterol or non-HDL cholesterol. In light of this, patients should always have an HDL measured when cholesterol is measured. To ensure this is the case the option to request 'Chol/triglyceride' will be removed from electronic requesting from October 2021. Please request 'Lipid Profile (inc HDL)' instead. These changes are in line with the new NHSGGC Cardiovascular Disease guidelines, due to be published soon.

### Immunology Update

Immunology can no longer offer specific IgE to Allspice as it has been withdrawn from the supplier's product list. If you have any specific queries about this please contact the Immunology department for advice.