

BLOOD TEST RECOMMENDATIONS



Recommended test	When?	Why?
Test for androgens excess: Free testosterone OR Total testosterone & SHBG	During ovulation phase	To see if testosterone is coming from the ovaries. This will confirm insulin resistant PCOS. SHBG (Sex hormone binding globulin) is normally low with PCOS
Insulin resistance	Anytime (After fasting)	Too much insulin can impair ovulation and cause your ovaries to produce testosterone.
Hemoglobin A1C (HBA1C)	Anytime	Shows what your average blood sugar (glucose) level was over the past two to three months.
DHEAS & Androstenedione	During ovulation phase	To see if testosterone is coming from the adrenal glands to confirm adrenal PCOS.
Progesterone & estrogen	In the middle of your Luteal phase	Adequate levels of progesterone will confirm if ovulation occurred. Test it about 7 days before your period starts.
Thyroid	Anytime	Underactive or overactive thyroid might contribute to hormone imbalances
Inflammation	Anytime	C-reactive protein (CRP) shows long term inflammation
B-12 Serum	Anytime	Many women with PCOS are deficient in B12, especially if they use Metformin