

Timeline for Laboratory Tests on Testosterone

Baseline

- Health maintenance labs indicated: lipids, A1c if FH diabetes
- CMP
- CBC if smoker
- Consider TSH & vitamin D if depression
- STI testing unless recently done. Consider hepatitis A & B titers to assess need for immunizations
- Baseline testosterone level not indicated unless patient presents as hirsute without previous T use

2-4 weeks after starting/changing dose of testosterone

- Monitor for positive & adverse effects that may indicate need for specific labs, e.g., RUQ pain -> LFTs
- Testosterone level (trough or midcycle if injectable) 3 months after starting testosterone
- Check hormone levels if 2ndary sexual characteristics not proceeding as expected
- CBC, fasting blood glucose, liver enzymes

3 months after starting testosterone

- Monitor for positive & adverse effects
- Check testosterone level if testosterone dose was changed at previous visit
- CBC
- Fasting blood glucose, A1c or liver enzymes if previously borderline

6 months after starting testosterone

- Monitor for positive & adverse effects
- Check testosterone level if secondary sexual characteristics not proceeding as expected
- CBC
- Fasting blood glucose and/or A1c, or liver enzymes if previously borderline

12 months after starting testosterone

- Monitor for positive & adverse effects
- Check testosterone level if secondary sexual characteristics not proceeding as expected
- If the testosterone dose is quite high, consider an estradiol level to assess for aromatization
- CBC, fasting blood glucose and/or A1c, and liver enzymes

CBC every 6 months thereafter

CMP (glucose, electrolytes, liver enzymes & creatinine) & lipids every 12 months

Once on a stable dose, hormone levels don't need to be checked unless secondary effects are not as desired or expected.

STI testing at any time appropriate or requested. Additional considerations:

1. **Be sure to check all sites that have been used in sexual interaction for gonorrhea or chlamydia. Urine samples can be used for either type of anatomy. The orange NAAT tubes can be used in the following locations:**
 - **Throat**
 - **Vagina**
 - **Rectal**
2. **If may be in a sexual network where there may be individuals at high risk of HIV, such as men who have sex with men or persons who use IVDU, check syphilis & HIV tests quarterly. Consider hepatitis C testing annually.**
3. **Herpes and vaginitides potentiate transmission of other STIs, so consider prophylaxis & treatment even if not significantly symptomatic.**
4. **If on Truvada for pre-exposure prophylaxis, needs an HIV test every 3 months and a BMP every 6 months (to monitor for renal sequelae of tenofovir diproxil).**