VITALS VAULT

FREE GUIDE

Men's Hormone Labs to Know

A one-page sheet for men looking at testosterone, erection changes or monitoring labs: what to write down, what can throw a result off, and questions to ask. It does not diagnose anything.

MY RESULTS (WRITE IN)

Test	My result	Date and time	Lab
Total testosterone			
SHBG or free testosterone			
Hematocrit			
PSA			
A1C or fasting glucose			
LDL and triglycerides			

BEFORE A REPEAT TEST, TICK WHAT APPLIES

- ☐ Morning draw
- ☐ Same lab as last time
- ☐ No recent illness
- ☐ Slept normally the night before
- ☐ Medicines and supplements listed
- ☐ Biotin use told to the lab
- ☐ For PSA: none in 24 hours
- ☐ Urinary symptoms noted

WHY NUMBERS DIFFER

Testosterone changes by time of day and from day to day, and most of it is bound to SHBG. Societies set the cutoff for low between 264 and 350 ng/dL, so one number can read differently by source.

QUESTIONS TO ASK

- ☐ Can we draw in the morning and repeat the test before deciding anything?
- ☐ Should free testosterone or SHBG be measured, and by which method?
- ☐ Could my blood pressure, blood sugar or cholesterol relate to my symptoms?
- ☐ If I am on therapy, how often will hematocrit and PSA be checked?
- ☐ If I hope to have children, how does this affect that?

Sources: Society cutoffs (Endocrine Society 2018, AUA 2018); TRAVERSE (NEJM 2023); hematocrit and PSA reviews. Our own checklist. Cutoffs differ by source.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com