

Gender Affirming Care Services

GETTING LABWORK DONE

When should I have labs drawn?

Labwork is usually done more frequently in the first year of hormone therapy and less frequently once a consistent dosage is established. You can expect labs about every three months when starting hormones; some health conditions and circumstances require more frequent bloodwork.

How should my labs draws be timed?

Your clinician will make a recommendation for when your next lab testing should be performed based on whether you are starting on a new regimen, making adjustments, or maintaining a stable regimen.

How you administer your medication will dictate when you should schedule your lab draw:

Weekly injections	3-4 days after you take your shot
Biweekly injections	1 week after you take your shot
Tablets	6 hours after you take your tablets
Topical	Ideally 8-12 hours after applying. Do not draw blood from an area where you have applied your medication.

Where can I have my labs drawn?

Labs can be drawn either at your local PPSP health center or at a Labcorp location. All labs drawn at PPSP health centers are sent to Labcorp for processing. If you need to use a different lab, please call the GAC Support Team: (215) 351-5561.

How to get labwork at Labcorp:

1. Schedule Labcorp Appointment Online

- Go to Labcorp website www.labcorp.com
- Enter your zip code and select service from drop down menu "Routine labwork"
- Chose the most convent location to you and schedule an appointment
- Your lab order was sent electronically, you do not need to bring a paper lab order

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2. Labcorp Appointment

- Bring your insurance card, a photo ID, and a credit/debit card or HSA card to pay any copay
NOTE: If the name on your photo ID does not match the name on your health insurance, tell your clinician so they can make a note on your lab order.
- Ask the lab tech to look up your electronic lab order using the name on your health insurance. (For billing purposes, your lab order must match the name on your insurance.)

If You Are Paying for Labs Out-of-Pocket

- You will pay PPSP for your labs on our sliding fee scale and then PPSP will pay the lab.
- Your clinician will note on the lab order, Labcorp is to “bill the client (PPSP),” not the patient.

How to get labwork at a PPSP health center:

1. Call the health center to schedule a lab-only appointment

- Center City Philadelphia health center: Call 215-351-5560
- Pottstown health center: Call 610-326-8080

2. Lab-Only Appointment

- No photo ID required
- Center City Philadelphia location: 1144 Locust St, Philadelphia, PA 19107
- Pottstown location: 2081 East High St, Pottstown, PA 19464

Getting Lab Results

- Labcorp will send your lab results directly to PPSP
- Your clinician will review your lab results
 - If your clinician does not need to consult with you further, they will send you prescription to the pharmacy. (Set up notifications with your pharmacy for timely alerts.)
 - If your clinician needs to discuss the results with you, you will get a call from the health center to review the results or schedule an appointment if necessary.
- If you would like to view your results yourself, you can see them on your [PPSP MyChart account](#).
 - Go to *Menu > Test Results >* Select a test to see more information

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- To receive an email/text alert when new results are available:
 - Go to *Menu > Communications*
 - Expand the *Health* section and select a notification option next to *Test Result*
 - Update your email address and mobile phone number if needed at the bottom of the page.

Why is labwork important?

Checking labs helps us to optimize hormone regimens and ensure safety. Checking hormone levels also helps to guide dosing changes in line with an individual's embodiment goals.

These are some of the labs we follow based on the medication or health consideration:

- Spironolactone: Spironolactone should only be used by people with normal kidney function, and in rare cases people taking it can develop high potassium levels. Use requires monitoring of kidney function (creatinine) and potassium levels.
- Hemoglobin, hematocrit: Testosterone can increase red blood cell counts; when red blood cell counts are very high, there could be an increased risk of blood clots. Use requires monitoring of red blood cell count levels (hemoglobin, hematocrit).
- Estradiol: For people taking estradiol (estrogen), we follow estradiol levels; for most individuals 100–200 pg/mL is an appropriate estradiol level for feminizing hormone therapy. We do not follow estriol or estrone levels.
- Testosterone: For people taking testosterone, we follow testosterone levels; for most individuals 320–900 ng/dL is an appropriate level for masculinizing hormone therapy. At higher levels, extra testosterone is converted by the body into estradiol. For people using medications to block testosterone production, the goal testosterone level is typically less than 55 ng/dL.
- Additional labs such as an A1C (diabetes screening), lipid panel (cholesterol screening), or liver function testing may be recommended.

If you need any further assistance, please call the GAC Support Team: (215) 351-5561.