

Why do I need to get my blood checked?

It's important to get your bloods checked for a number of reasons.

- Having your bloods done means that we can check your testosterone levels and ensure that they are at the correct levels.
- It's also important for us to check your general blood tests to assess your overall health.
- Being on testosterone increases the risks of certain blood and liver disorders and having your bloods done regularly is the best way to monitor this.

How often do I need to check my bloods?

For the first few years on hormones, we recommend that you check your bloods every 3- 6 months.

Once you have been on testosterone for two years, presuming everything is ok, then you only need to check your blood tests once a year.

When do I get the blood tests checked?

The ideal time to get your bloods checked, depends on the type of medication that you are on.

If you are on intramuscular testosterone, you can get your bloods done anytime but the best time to do it is right before the next injection is due. If it is at another time, then let us know when you last took your shot so we can interpret as needed.

Type of Testosterone	How often you take it	When to check bloods
Testogel	Daily	5-6 hours after applying
Sustanon	Every 4 weeks (generally)	Right before your next injection is due (Sometime in the three days prior to your shot)
Nebido	Every 12 weeks (generally)	Right before your next injection is due (Sometime in the three days prior to your shot)

Where can I get my blood tests done?

- We can do your blood tests at the National Gender Service. This is a free service but you do need to make an appointment to have the blood tests. You will need specific blood forms to have the tests done.
- If you would like to have your blood tests done here, then call us on **01-211-5045** or email us at **nationalgenderservice@hse.ie**
- You can have blood tests done at your own GP service. You will normally have to book this with your GP. If your GP has any questions about blood tests, then they can call us on **01-211-5045** or email us at **nationalgenderservice@hse.ie**
- If you need help finding a GP in your area then you contact the National Gender Service and we can support you in finding a GP.

What bloods do I need to get checked?

The blood tests needed are: Testosterone, Oestrogen, FSH, LH, Full blood count, Renal profile, Liver Function tests, Lipid profile.

What do I do once I have my blood results?

- If you get the blood tests done at the National Gender Service, then you do not need to do anything. The results will be checked at your next clinic appointment.
- If your get your tests done with your GP, then your GP (or you) can email them to **nationalgenderservice@hse.ie**. If there is anything of concern then a member of the team will contact you.
- If your get your tests done with your GP, then you can also bring the blood results with you to clinic.