

Advice to patients on HRT when having a blood test

Please note, this is general advice – your clinician may give you other instructions.

Oestrogen gels

Oestrogel / Sandrena – please **DO NOT** apply your gel to your arms on the morning of your blood test, (whether the blood test is in the morning or the afternoon).

Instead, you should apply your gel to your legs on the day of the blood test.

Please make sure you wash your hands thoroughly to avoid the transfer of oestrogen gel to your arms.

Oestrogen patches

Oestrogen in patches – you can apply your patches in the usual way before your blood test. There is no need to change the schedule of application of patches, or the timing of application of patches prior to a blood test.

Lenzetto spray

Lenzetto spray – please ensure you apply Lenzetto spray **TO THE LOWER PART OF YOUR ARM** prior to your blood test, whether the blood test is in the morning or the afternoon.

Progesterone tablets

You can continue to take your progesterone tablets as normal the night before your blood test. There is no need to change the timing or schedule of the progesterone dose before your blood test.

Oestrogen/progesterone combination patches

Evorel Conti or Evorel Sequi combination patches should be applied as normal before a blood test. There is no need to change the timing or schedule of the application of these patches before your blood test.

Testosterone creams and gels

Please ensure you apply your testosterone gel or cream as usual to the outer thighs, lower abdomen or bottom on the day of their blood test. There is no need to change the timing or schedule of the application of this gel or cream before your blood test.

Please ensure you wash your hands thoroughly to avoid the transfer of testosterone cream or gel to your arms.

If in exceptional cases, you normally apply testosterone gel or cream to your arms, please **APPLY IT TO YOUR LEGS** on the morning of the blood test (if usually use testosterone in the mornings).

You are able to use your testosterone cream or gel at the usual time the following day.

Vaginal pessaries and creams

Vaginal oestrogen and DHEA (Intrarosa) pessaries, and vaginal oestrogen creams can be inserted into the vagina or used externally to the vulval area prior to your blood test as normal.

If vaginal oestrogen cream is applied in the morning before a blood test, please ensure you wash your hands thoroughly after application to avoid the transfer of any oestrogen cream to your arms.

If you have any questions or concerns, please contact your Newson Health clinician.

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