

Lab Work

Your provider will periodically order blood work to monitor your hormone levels.

Tips for successful blood draws

Hydration is important! Please come to your lab appointment well hydrated. Also, be sure to let your provider know if you have a history of fainting or other medical concerns with blood draws. We have several types of comfort measures we offer for blood draws, so let us know if you would like extra support.



Preferred timelines for blood draws*

***Please note that you can come in at any point for a blood draw. Do not skip any doses.**

Estrogen:

Injections: Your labs are preferred to be drawn “mid-cycle”. That would be on day 3 or 4 of your injection cycle. For example, if you inject on Mondays, your ideal lab draw day would be Thursdays or Fridays.

Patches: If you change patches twice per week, come in for lab work on day 2. For example, if you apply your patch Monday, your ideal lab draw day would be Wednesday.

Oral: Labs can be done at any time, your provider will just want to know what time you took your dose.

Testosterone:

Injections: Your labs are preferred to be drawn “mid-cycle”. That would be on day 3 or 4 of your injection cycle. For example, if you inject on Mondays, your ideal lab draw day would be Thursdays or Fridays.

Gel: Labs can be done at any time, your provider will just want to know what time you applied your dose.

Oral: Labs can be done at any time, your provider will just want to know what time you took your dose.



You have the option to schedule a lab visit 1-2 weeks before your next scheduled follow-up appointment with your provider to have your results ready for the appointment.

Lab Work



A note on Quest

Diagnostics and lab billing.

TLDR: Family Tree does not have control over lab bills that come from Quest Diagnostics. They may go to collections if unpaid. There are no blanket requirements for lab work- your provider will work with you if you have financial concerns.

Detailed explanation: Most lab samples we collect at Family Tree Clinic are sent to Quest Diagnostics for processing. Insurance companies do not allow us to bill them directly for labs processed at an outside lab, so we are required to give Quest your information to bill your insurance for the labs they process on our behalf. After a response from your insurance, Quest may bill you for anything remaining. If you don't pay the Quest bill, they may send it to collections. If you have Medical Assistance or MinnesotaCare, the maximum Quest would charge you would be your deductible. If you have private insurance, Quest may charge you coinsurance, part of your deductible, or bill you for anything insurance does not cover. The Explanation of Benefits your insurance provides you with should tell you what is going on.



If you need help understanding your Quest bill or your Family Tree Clinic bill, contact Billing by calling 612-473-0813 or emailing billing@familytreeclinic.org.