



FORCES OF
NATURE
WELLNESS CLINIC

Forces of Nature Wellness Clinic

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PCOS Blood Work

This is the bucket list of blood work that may be helpful to have if you have been diagnosed with PCOS. All of these tests may not be applicable to you, so I cannot recommend tests without having seen you in person to accurately make a recommendation. This is a guide only as to tests that may be useful.

- Fasting blood sugar and insulin
- HbA1c
- Cholesterol
- Triglycerides
- DHEAs
- Total and free testosterone
- DHT
- Androstenedione
- FSH – day 3, if you have a cycle to go on
- LH – day 3, if you have a cycle to go on
- Estradiol – day 3 and day 14, if you have a cycle to go on
- Progesterone (peak) – 1 week post ovulation or 1 week before you expect to get your period if you are having somewhat regular cycles
- Prolactin
- TSH, free T3, free T4, anti-TPO and anti-thyroglobulin
- 25 Hydroxy-vitamin D
- AMH

Other investigations for PCOS related infertility

Pelvic and transvaginal ultrasound

HyCoSy (hystero-salpingo contrast sonography)

Ovulation Predictor Kits (OPKs) – OPKs are a “pee on a stick” test that determines when the LH surge that precedes ovulation is happening. The surge may be 1-3 days before ovulation. Having a positive OPK or LH surge, doesn't guarantee that ovulation will happen, it only indicates that your body is trying to ovulate. Basal Body Temperature

charting is a useful tool to confirm ovulation. A progesterone blood test taken 8-9 days after a positive OPK can also confirm ovulation.

Basal Body Temperature Charting – your resting body temperature can help determine if and when you are ovulating, what hormones are like leading up to ovulation and what they are like after ovulation. Check your temperature first thing in the morning before getting out of bed or moving around much, after at least 4 hours of consecutive sleep. Try to check your temperature at the same time each day. If you have to get up early Monday to Friday for work, try to check it at the same time on the weekend. You can always roll over and go back to sleep afterward. Input your temperature numbers into an app like Fertility Friend or Kindara to plot a graph of your basal body temperature over the course of a month. This can be used to confirm ovulation, and time blood work that should be done at or after ovulation and also to monitor the effectiveness of treatment aimed at improving ovulation.

By [Dr. Pamela Frank, BSc\(Hons\), Naturopathic Doctor](#)