

Required Lab Values

Show this list to your GP or walk-in lab.

Which blood draw is this?

- 1

Not on therapy yet — investigating testosterone deficiency

» Section 1 · two blood draws on different days
- 2

Therapy running — routine check or after a dose change

» Section 2 · one blood draw, always the same panel

Always run the complete panel of the section that applies. The boxes are for ticking off only — they are not a selection list.

Pre-analytics: Morning 7–11 am, fasting (min. 8 h) · not during an acute infection or after serious illness in the past 2 weeks
Ongoing injection therapy: draw blood on the day before the next injection (trough level)

1 Initial diagnostics

Before starting therapy · two blood draws on different days

Blood draw 1 — complete panel (16 parameters)

PARAMETER	NOTE
☐ Total testosterone	Morning, fasting (repeated at visit 2)
☐ SHBG	Sex hormone-binding globulin
☐ Albumin	To calculate free testosterone
☐ FSH	Follicle-stimulating hormone
☐ LH	Luteinising hormone
☐ Estradiol (E2)	Oestrogen — baseline value
☐ Prolactin	Pituitary screening

PARAMETER	NOTE
☐ Complete blood count	Incl. haematocrit and haemoglobin
☐ PSA	From age 40 or with risk factors
☐ Liver values	AST/GOT, ALT/GPT, GGT
☐ Lipid profile	Cholesterol, HDL, LDL, triglycerides
☐ HbA1c or fasting glucose	Diabetes screening
☐ TSH	Thyroid function
☐ Ferritin	Iron status
☐ CRP	Inflammation marker
☐ Creatinine	Kidney function

Blood draw 2 — confirmation measurement (3 parameters)

Different day, same time of day. These three values only — the safety values are not repeated.

PARAMETER	NOTE
☐ Total testosterone	Second measurement on a different day
☐ SHBG	For the second free-testosterone calculation
☐ Albumin	For the second free-testosterone calculation

Total 16 + 3 parameters · Estimated lab costs: CHF 90–180

2 Monitoring

Ongoing therapy · one blood draw

Due 4 weeks after starting therapy and 4 weeks after every dose or frequency adjustment, then every 3 months — ongoing.

Panel for every monitoring check (7 parameters) — identical at every check

PARAMETER	NOTE
☐ Total testosterone (trough level)	Morning, on the day before the next injection
☐ Complete blood count	Incl. haematocrit and haemoglobin
☐ Liver values	AST, ALT, GGT — at every check-up
☐ Estradiol (E2)	Oestrogen monitoring under therapy
☐ PSA	From age 40 or with risk factors
☐ Lipid profile	Cholesterol, HDL, LDL, triglycerides
☐ HbA1c or fasting glucose	Metabolic monitoring

Guidelines require a lipid profile, liver values and HbA1c at least annually; Swiss TRT runs them at every check. There is no separate annual panel. · Estimated lab costs: CHF 70–130

Note for doctor and lab
Please run the complete panel of the section that applies — the boxes are not a selection list.
These analyses are required for telemedicine care under a testosterone replacement therapy (TRT).
Please send the report directly to the patient — they submit it through their Swiss TRT account.
Treating physician: Dr. med. Hassan Ramadan · Platform: swiss-trt.ch · Questions about the analytics: info@swiss-trt.ch