



Dr HERTOEGHE CLINIC

## BLOOD TEST PROCEDURE

### **A few recommendations:**

#### ***Men and Women***

- The day and the evening prior to the blood test: calm activities, no sport or any other intense physical activity. Blood test must be done "stomach empty".
- The morning prior to the blood test: drink 1/2 to 2/3 liters of water in order to avoid dehydration which could affect the results.
- The blood test must be carried out in calm conditions, one must not hurry nor stress before the blood test as these two factors can affect the results.
- Testosterone gel: during the 3 DAYS PRIOR to the blood test, apply the gel in the EVENING (instead of in the morning).
- DHEA and PREGNENOLONE during the 3 DAYS PRIOR to the blood test, DHEA must be taken in the EVENING (instead of in the morning).
- Thyroid hormones: to take AFTER the blood test.

#### ***Women***

- Oestrogel/ Oestrodose: do not apply the gel in the crease of the elbow during the 3 days prior to the blood test (to avoid a deposit).

### **To receive a LABORATORY TEST KIT for your blood test:**

The KIT contains: several tubes for your blood samples and a small sample for your 24-hour urine. Please send an email or contact Lims Laboratory by phone to receive the KIT.

After you have taken your blood and urine samples, please send them via FEDEX to the Laboratory Lims. Note that it takes about 3 to 4 weeks to have the complete results of your tests.

### **Adress & contact of the laboratory Lims:**

LABORATOIRE Lims  
Avenue Jean Monnet,1  
1348 Louvain-La-Neuve  
TEL : +32 10 870 970  
FAX : +32 2 225 282  
Mail : [logistique@mbnext.be](mailto:logistique@mbnext.be)  
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