

For additional recommendations for laboratory testing in adult transgender individuals receiving gender-affirming hormone therapy, including preventive care screening, see [Endocrine Testing in Transgender Adults](#) on ARUP Consult.

**INDICATIONS FOR TESTING**  
Individual receiving gender-affirming hormone therapy

Which type of therapy is the individual receiving?

Testosterone hormone therapy

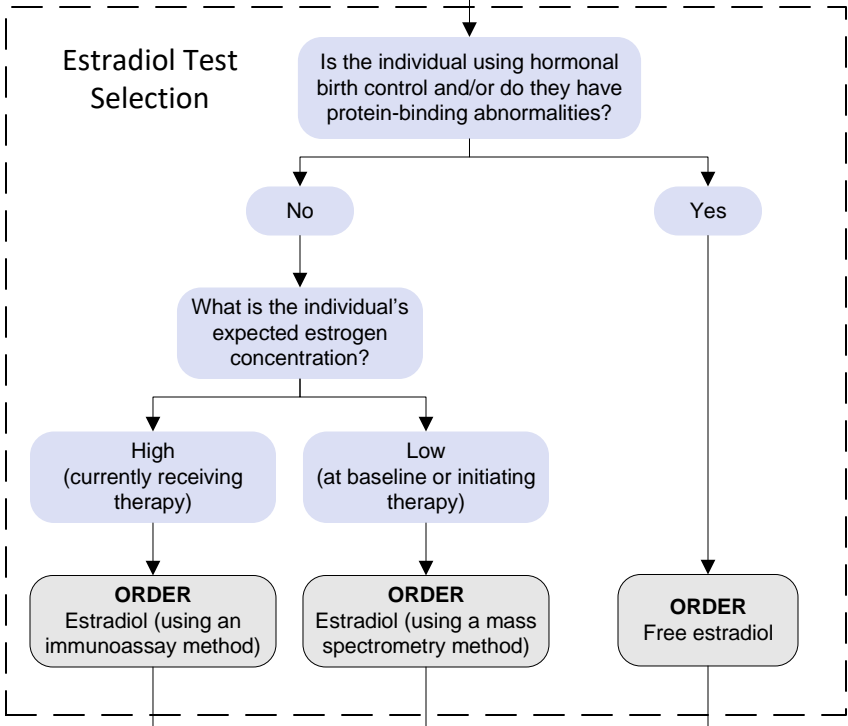
Estrogen hormone therapy and/or testosterone-suppressing hormone therapy

What is the individual's expected testosterone concentration?

**ORDER**  
Testosterone (using a mass spectrometry method)  
AND  
Use the algorithm in the dashed box below to select an estradiol test

High (currently receiving therapy)

Low (at baseline or initiating therapy)



**ORDER**  
Testosterone (using an immunoassay method)

**ORDER**  
Testosterone (using a mass spectrometry method)

Refer to guidelines<sup>a</sup> or [Endocrine Testing in Transgender Adults](#) on ARUP Consult for interpretation of results

A free or bioavailable testosterone test may provide supportive information, particularly in individuals with protein-binding abnormalities  
Refer to the [Free or Bioavailable Testosterone Test Options \(Adult Males or Individuals on Testosterone Hormone Therapy\)](#) table

Refer to guidelines<sup>a</sup> or [Endocrine Testing in Transgender Adults](#) on ARUP Consult for interpretation of results

A free or bioavailable testosterone test may provide supportive information, particularly in individuals with protein-binding abnormalities  
Refer to the [Free or Bioavailable Testosterone Test Options \(Adult Females, Children, or Individuals on Testosterone-Suppressing Hormone Therapy\)](#) table

<sup>a</sup>Guidelines for monitoring gender-affirming hormone therapy include:

- Hembree WC, Cohen-Kettenis PT, Gooren L, et al. [Endocrine treatment of gender-dysphoric/gender-incongruent persons: an Endocrine Society clinical practice guideline](#) [published corrections appear in *J Clin Endocrinol Metab.* 2018;103(2):699, and *J Clin Endocrinol Metab.* 2018;103(7):2758-2759]. *J Clin Endocrinol Metab.* 2017;102(11):3869-3903.
- Deutsch MB, ed. [Guidelines for the primary and gender-affirming care of transgender and gender nonbinary people](#). 2nd ed. University of California, San Francisco, Transgender Care. [Published: Jun 2016; Accessed: Nov 2021]