TRT Lab Tracker

FREE BONUS 1 · BEYOND TESTOSTERONE BY NELSON VERGEL

The tests, timing and targets from "How to Monitor TRT Lab Tests," with space to log your own results. You can't change what you don't measure.

Which tests, and when

When	Tests
Before starting TRT	Total and free testosterone, PSA, LH and FSH, lipids, CBC, CMP, TSH, free T3 and free T4, sensitive estradiol. If total T is under 200 ng/dL (with no current or past steroid or opiate use): prolactin. If free T3 is low or TSH is above 2.5: full thyroid panel with antibodies.
6 to 8 weeks after starting	CBC, CMP, total and free testosterone, sensitive estradiol, free T3, TSH. If low libido or erection problems continue: DHT and prolactin.
6 months	Total and free testosterone, PSA, lipids, CBC, CMP, sensitive estradiol (may not be needed, depending on the week 6 to 8 result).
Every year	Same as 6 months.
First year on TRT	Hematocrit every 2 to 3 months (Nelson's TRT Commandments).

Complete the ADAM symptom questionnaire at every visit (see the Doctor's Visit Kit).

Targets from the book (p. 397)

Test	Target	If it is off
Total testosterone	500 ng/dL or more if symptoms persist	Low with symptoms: dose may be raised. Above 1,500 with high hematocrit, low HDL or side effects: dose may be lowered.
Free testosterone	At least 2% of total T	If low, test SHBG.
Hematocrit	53% or less	Donate blood (best in the 51-52% range) or ask for a therapeutic phlebotomy, no more often than every 2.5 months. Low: look for anemia or donate less often.
PSA	Under 4 ng/mL	High: see your doctor about infection or a urology referral.
Estradiol (sensitive test)	20 pg/mL or more; no upper limit set for men on TRT	Most men on TRT do not need an aromatase inhibitor.
Blood pressure	135/85 mmHg or less	High: weight loss, exercise, dose reduction or medication.
eGFR (kidneys)	60 or more	Muscle and high protein intake can lower eGFR; cystatin C is an option for muscular men.
TSH / free T3	TSH 2.5 or less; free T3 3.7 pg/mL or more	Off target: further thyroid tests.
Ferritin / iron	Ferritin 55-270; iron 55-160 mcg/dL	Low: donate less often and replace iron.
HDL	40 mg/dL or more	Higher TRT doses lower HDL.
Prolactin	30 ng/mL or less	Test before TRT if total T is under 200 ng/dL.

Consult your physician before any treatment, cessation or dose change.

Educational only, not medical advice. Decisions about treatment belong with you and your clinician.
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My results

Date	Dose / route	Days since dose	Total T	Free T	E2 (sens.)	Hct %	PSA	HDL	Notes

Other tests (thyroid, ferritin, lipids, prolactin, DHT)

Date	Test	Result	Range	Notes

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