Lab Monitoring Schedule

FREE BONUS 2 · THE HCG ADVANTAGE BY NELSON VERGEL

The monitoring schedule from Appendix C, a starting framework your clinician adapts to you. A long-term record of symptoms, doses, injection dates and labs is far more useful than single snapshots.

If you take hCG on its own

When	Labs	Also checked
Baseline	Total T (twice, morning, fasting), free T, SHBG, LH, FSH, sensitive estradiol, 17-OHP, CBC, CMP, lipids, PSA (over 40), TSH; semen analysis if fertility is a goal	Symptoms, blood pressure, testicular volume, weight
6-8 weeks	Total T, free T, sensitive estradiol, 17-OHP, hematocrit	Symptoms, injection sites, blood pressure
3 months	Total T, free T, sensitive estradiol, 17-OHP, CBC, PSA (over 40)	Symptoms, blood pressure, testicular volume; semen analysis if fertility is a goal
6 months	Total T, free T, sensitive estradiol, 17-OHP, CBC, CMP, lipids, PSA (over 40)	Full review: is the goal being met? Second semen analysis if fertility
12 months	As at 6 months, plus TSH	Annual review of goals and dose
Year 2 on	Every 6 months: total T, sensitive estradiol, hematocrit, PSA (over 40). Yearly: the full panel	Symptoms and blood pressure

If hCG is added to TRT

When	Labs	Also checked
Before adding hCG	Total T (on current TRT), sensitive estradiol, hematocrit, PSA	Testicular volume; how you feel now, as a comparison
6-8 weeks after	Total T, sensitive estradiol, hematocrit	Compare how you feel with before; testicular volume
3 months	Total T, sensitive estradiol, hematocrit, PSA	Symptoms; semen analysis if fertility is a goal
Every 6 months, then yearly	Total T, sensitive estradiol, hematocrit, PSA; full panel each year	Is the combination still serving your goals?

Results your clinician will act on (Appendix C)

Hematocrit above 52%: dose reduction or blood donation.
Estradiol high with symptoms: confirm with a sensitive assay before any aromatase inhibitor.
PSA up more than 0.75 ng/mL from baseline: urology referral.
Testosterone below target with a good 17-OHP rise: a dose increase may be considered.
On TRT plus hCG, testosterone above target: the TRT dose is reduced.

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

Date	hCG dose / freq.	Total T	Free T	E2 (sens.)	17-OH P	Hct	PSA	Notes

Symptoms (0 = worst, 10 = best)

Date	Energy	Libido and erections	Mood	Focus	Sleep	Body / strength	Testicles

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