Hormone panel: a two-date recording sheet · worked example

For anyone comparing two hormone tests, for example around perimenopause. Copy each result exactly as the report prints it. This sheet is for recording only: it does not interpret results.

1. The two tests

	Test 1	**Test 2**
Date and time collected	10 Feb 2026, 09:05	8 Sep 2026, 08:40
Cycle day, if known	3	Not known
How the cycle day was worked out	Counted from first day of period (diary: 8 Feb 2026)	Last period started 9 Jul 2026 (diary)
Lab	Fictional Pathology Partnership (UK)	Fictional Home Test Lab (UK)
Specimen	Serum (venous)	Capillary blood (finger-prick, home kit)
Hormonal medicines or contraception at the time	Not recorded	Not recorded

2. Results, as printed

Date	**Cycle day**	**Test name as printed**	**Specimen**	**Value**	**Unit**	**Lab interval, as printed**
10 Feb 2026	3	FSH	Serum	9.8	IU/L	Follicular 3.5–12.5; Mid-cycle 4.7–21.5; Luteal 1.7–7.7; Postmenopausal 25.8–134.8
10 Feb 2026	3	LH	Serum	6.1	IU/L	Follicular 2.4–12.6; Mid-cycle 14.0–95.6; Luteal 1.0–11.4; Postmenopausal 7.7–58.5
10 Feb 2026	3	Oestradiol	Serum	248	pmol/L	Follicular 114–332; Mid-cycle 222–1959; Luteal 222–854; Postmenopausal <138
10 Feb 2026	3	Progesterone	Serum	1.4	nmol/L	Follicular 0.6–4.7; Luteal 5.3–86.0; Postmenopausal 0.3–2.5
10 Feb 2026	3	Testosterone	Serum	0.9	nmol/L	0.3–1.7
10 Feb 2026	3	SHBG	Serum	62	nmol/L	32–128
8 Sep 2026	Not known	Follicle stimulating hormone	Capillary	31.6	IU/L	Follicular 2.5–10.2; Mid-cycle 3.4–33.4; Luteal 1.5–9.1; Postmenopausal 23.0–116.3
8 Sep 2026	Not known	Luteinising hormone	Capillary	19.8	IU/L	Follicular 1.9–12.5; Mid-cycle 8.7–76.3; Luteal 0.5–16.9; Postmenopausal 15.9–54.0
8 Sep 2026	Not known	Oestradiol	Capillary	96	pmol/L	Follicular 77–921; Mid-cycle 139–2382; Luteal 77–1145; Postmenopausal <103
8 Sep 2026	Not known	Testosterone	Capillary	0.8	nmol/L	0.3–2.0
8 Sep 2026	Not known	SHBG	Capillary	58	nmol/L	30–135

Worked example: Alex Example (fictional), 47. The two labs print the same hormones under different names (FSH / Follicle stimulating hormone) and print different interval lists by cycle phase. Each is copied exactly.

3. Questions for my clinician

1. The first test was on cycle day 3 and the second when my cycle day was not known. Can the two be compared?
2. The lab printed several intervals by cycle phase. Which one did you read each result against?
3. The second sample was a finger-prick at home and the first was from a vein. Does that change how they compare?