

Adrenal Hormone Testing – Interaction Guidelines

Avoid for 24 HOURS before testing and on the day of testing:

- 1. All ORAL hormones that contain:**
 - DHEA, progesterone, pregnenolone, cortisol, estrogens
 - Adrenal glandular supplements
 - Body-building protein powders, energy supplements, and energy drinks (some of these products may contain added hormones, even if not listed on labels)
- 2. All Corticosteroid drugs:**
 - Oral corticosteroids (see below for further suggestions on avoidance)
 - Spironolactone
 - Steroid inhalers and nasal sprays (e.g. fluticasone, budesonide)
- 3. All SUBLINGUAL hormones that contain:**
 - DHEA, progesterone, pregnenolone, cortisol, estrogens
 - **Please also modify dosing of sublingual hormones using the oral route for a minimum of 3-5 days before testing.**
- 4. All TOPICAL hormones that contain:**
 - Progesterone, estrogens (estrone, estradiol, estriol), DHEA, pregnenolone, hydrocortisone
- 5. OTHER common products to avoid:**
 - All topical skin care products, including lotions, moisturizers, and makeup (some of these products may contain added hormones, even if not listed on labels)
 - Eyelash lengthening mascara (may contain DHEA, testosterone)
 - Topical corticosteroid preparations (anti-itch creams, hemorrhoid creams, hydrocortisone)
 - Nasal sprays (may contain corticosteroids)
 - Eye and ear drops (may contain corticosteroids)
 - Lip balms and lipstick (may contain corticosteroids or other hormones)
 - Anti-allergy medications (may contain corticosteroids, e.g. fluticasone, budesonide)
 - Hair care products with placental derivatives (may contain progesterone, estrogens)

Avoid for ONE WEEK:

- Oral Corticosteroid drugs – avoid for at least one week (as medically appropriate), depending on prior length of use, to allow for endogenous adrenal hormone production to be restored.

Avoid for at least TWO WEEKS:

- Cortisol injections

Note: Hormonal contraceptives, thyroid hormone medications, and melatonin may be continued without restriction.

For additional information or clarification, please call us. We are always happy to help you.