



WHY LAB TIMING MATTERS

Drawing labs at the wrong time gives us inaccurate data — and can lead to unnecessary protocol changes. Here's exactly how T-Time does it.

T-Time Standard: Trough Draw

We draw labs at TROUGH — on the day of your next injection, before you administer it. This captures your lowest level of the week and gives the most consistent, comparable baseline for monitoring over time.

- Lab day = injection day, always BEFORE your shot
- Example: Inject Monday and Thursday → draw labs on Monday morning before your shot
- Draw between 7:00-10:00 AM — testosterone follows a natural diurnal rhythm

Why Trough?

- Most reproducible and consistent point to compare across visits
- If you feel great at trough, your protocol is solid — your floor is strong
- Drawing at peak inflates numbers and can lead to unnecessary dose reductions

Hydration Matters

- Drink 2-3 full glasses of water before your draw
- Dehydration falsely elevates hematocrit, hemoglobin, creatinine, and lipids

Always Note Your Last Injection Time

Before every lab draw, note the date and time of your last injection. Your provider needs this to interpret results accurately.



Consistent timing = consistent data. Trough, morning, hydrated — every time.