

RETESTING PROLACTIN LEVELS

HELPFUL ADVICE FOR PATIENTS

Prolactin levels are often retested if they are between 25 and 50 ng/mL. This is simply because so many things can elevate the prolactin test and often the repeat test comes back completely normal and no further testing is needed. If you have been asked to have your prolactin levels retested, please consider the following. This is to help you have the most accurate reading of your prolactin levels and determine whether or not further testing and evaluation is really needed.

- 1. Please have your tests done in the morning hours (8-10 am) if possible as some of the other tests Dr Donovan may order might best be assessed in the morning.**
- 2. Avoid exercising before the test. Ideally, avoid exercise for 4 hours before the test. Exercise can increase prolactin.**
- 3. If possible, please fast for 8 hours. Eating a high protein meal can sometimes elevate prolactin. Please avoid eating after 8 pm the night before the test. High protein intake and eating can elevate prolactin slightly.**
- 4. Abstain from sexual intercourse for 24 hours before the test as this can also elevate the prolactin levels.**
- 5. Avoid breast stimulation within 24 hours of the test. Breast and nipple stimulation can elevate prolactin.**
- 6. Avoid physical examinations at the doctor's office 24 hours before the test. This includes breast examinations.**
- 7. To the best of your ability, limit stress 24 hours before the test. This can be challenging for some, but stress can elevate prolactin levels.**
- 8. You can continue your medications. If you use marijuana, please avoid use within 8 hours of the test and ideally 24 hours.**
- 9. If you are female and premenopausal, Dr Donovan will advise you if having the test during a specific time in your menstrual cycle is preferred (especially the follicular phase date 3-5).**