

How to Use: Fasting morning test | Day 2-3 of cycle if you get periods | Tick boxes you want to discuss with your doctor | Bring this sheet

PCOS + Thyroid Lab Checklist

FREE DOWNLOAD • DON'T GUESS, TEST BOTH TOGETHER

1. THYROID PANEL - MUST HAVE

- ☐ **TSH**
Optimal < 2.5 for fertility (not just < 4.5)
- ☐ **Free T4**
Low = fatigue, weight gain, cold
- ☐ **Free T3**
Active hormone - metabolism
- ☐ **Anti-TPO Antibodies**
Hashimoto's check - 30% with PCOS
- ☐ **Anti-Thyroglobulin**
Second Hashimoto marker

2. PCOS HORMONES

- ☐ **LH & FSH (Day 2-3)**
Ratio >2:1 suggests PCOS
- ☐ **Total & Free Testosterone**
High = acne, hair loss
- ☐ **DHEA-S**
Adrenal PCOS type
- ☐ **Prolactin**
High mimics PCOS + thyroid issues
- ☐ **AMH**
High in PCOS, ovarian reserve

3. METABOLIC HEALTH

- ☐ **Fasting Insulin**
Most important - optimal < 8 uIU/mL
- ☐ **Fasting Glucose + HbA1c**
Diabetes risk - both conditions raise it
- ☐ **HOMA-IR**
Ask lab to calculate from glucose+insulin

4. VITAMINS & INFLAMMATION

- ☐ **Vitamin D (25-OH)**
Low worsens BOTH - optimal 40-60
- ☐ **Vitamin B12 + Ferritin**
Low energy, heavy periods
- ☐ **hs-CRP**
Inflammation links PCOS-thyroid

Next Steps After Results: 1. Upload results to [HavenHer.org/pcos-and-thyroid-connection/](#) guide to interpret. 2. TSH >2.5? Ask about thyroid support. 3. Fasting insulin >8? Focus on insulin protocol in Meal Plan. 4. Retest every 6-12 months. This checklist is for discussion with your doctor.

Free PCOS + Thyroid Lab Checklist

TAMPA BAY EDITION • Medically Reviewed by Dr. Mehwish Saif • St. Petersburg, FL

HavenHer.org | 60-Day Template for Irregular Cycles • Designed for PCOS + Thyroid Overlap | For educational purposes only - Not medical advice
BBT • Cervical Mucus • LH Strip • Sleep Quality • Stress • Tampa Bay Heat Notes