

# Guide to Steroid Hormone Testing in Different Body Fluids Following Different Routes of Hormone Administration

Type of Body Fluid	No Exogenous Steroids	Oral Steroids	Topical Steroids	Vaginal Steroids	Troche / Sublingual Steroids	Pellet / IM Steroids
<b>SERUM</b>	Yes	Yes (1)	No (2)	No (2)	Yes	Yes
<b>SALIVA</b>	Yes	Yes	Yes (3)	Yes	No (4)	Yes
<b>DRIED URINE</b>	Yes	Yes (1)	No (2)	No (5)	Yes	Yes (1)
<b>DRIED BLOOD SPOT</b>	Yes	Yes	Yes (6)	Yes	Yes	Yes

1. Overestimation: Metabolites interfere with immunoassays
2. Underestimation: Hormone levels not reflective of tissue uptake
3. Overestimation: Requires range adjustment
4. Overestimation: Direct contamination of oral mucosa / saliva
5. Overestimation: Direct contamination of urine
6. Overestimation: If fingertips contaminated with topical hormones