

# 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>	<b>Yes</b>	<b>Yes (1)</b>	<b>No (2)</b>	<b>No (2)</b>	<b>Yes</b>	<b>Yes</b>
<b>SALIVA</b>	<b>Yes</b>	<b>Yes (3)</b>	<b>Yes (3)</b>	<b>Yes</b>	<b>No (4)</b>	<b>Yes</b>
<b>DRIED URINE</b>	<b>Yes</b>	<b>Yes (1)</b>	<b>No (2)</b>	<b>No (5)</b>	<b>Yes</b>	<b>Yes (1)</b>
<b>DRIED BLOOD SPOT</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes (6)</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>

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