

### OBJECTIVE

Alberta clinicians optimize laboratory testing for investigation of suspected hirsutism

### TARGET POPULATION

Women with moderate, severe or rapidly developing hirsutism

### EXCLUSIONS

None

## RECOMMENDATIONS

- X NO laboratory investigation is required for mild hirsutism
- ✓ Refer to endocrinologist for severe or rapidly developing hirsutism
- ✓ Consider testing for total testosterone, DHEAS and androstenedione (drawn after 10 a.m.)
- X DO NOT test for LH, FSH, Estradiol, Progesterone, DHEA to diagnose hirsutism in absence of menstrual disorders

April 1998

Reviewed January 2008

Reviewed May 2014

These recommendations are systematically developed statements to assist practitioner and patient decisions about appropriate health care for specific clinical circumstances. They should be used as an adjunct to sound clinical decision making.

For the complete guideline refer to the TOP website: [www.topalbertadoctors.org](http://www.topalbertadoctors.org)