



LOMA VATA
HOLISTIC CARE

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GUIDE TO REQUESTING PATHOLOGY & RADIOLOGY TESTS

Secondary Polycystic Ovarian Syndrome (PCOS) Screen in Adults:

For detailed information please visit the following links:

<https://www.monash.edu/medicine/sphpm/mchri/pcos/guideline>

<https://www.mja.com.au/journal/2018/209/7/translation-and-implementation-australian-led-pcos-guideline-clinical-summary>

<https://academic.oup.com/jcem/article/105/8/e2695/5842158>

PCOS Diagnostic Screen:

FBC, ELFT Ca/Mg/PO₄, fasting lipids (Chol, Trigs, HDL, LDL)

8 AM FSH, LH, Oestradiol, Progesterone, Prolactin

Testosterone - Total & Free, SHBG, FAI, Androstenedione, DHEAS, 17-OHP

2 hour 75 g OGTT (consider adding in fasting c-peptide and insulin levels +/- one hour & two hour c-peptide and insulin levels)

Consider 8 AM ACTH & Cortisol

Consider 24 hour urinary free cortisol + 2 to 3 x midnight salivary cortisol measurements one week apart (if clinically indicated)

Consider TSH and FT4 if clinically indicated

Radiology Tests:

A pelvic USS may be helpful but is no longer considered a requirement for the diagnosis of PCOS

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