

# Sex hormone binding globulin ( SHBG )

## General:

SHBG is the most important carrier protein for sex hormones with high affinity for testosterone and estradiol. Testosterone is bound to SHBG almost completely and is available as free testosterone only to approx. 2%. Estradiol is transported by SHBG only to a third, approximately. SHBG is considered a relatively sensitive marker for the diagnostics of hirsutism.

Material: 1 ml serum

Stability: 3 days at 2 to 8°C

TAT: same day, FML

Method: ECLIA

Units: nmol/l

Ref.- range: see report

Note: Hormonal contraceptives can increase the SHBG level in blood by a factor of 2-4. Endogenous and exogenous estrogens (e.g. ethinylestradiol) trigger SHBG synthesis.

If the patient is taking multivitamins or dietary supplements containing high dose of Biotin (> 5 mg), the patient should stop taking it for at least 24 hours, before having the blood collection.

For complete list of laboratory test offered at Freiburg Medical Laboratory, please visit <http://www.fml-dubai.com/parameter-listings/>