

# Peptide Therapy Monitoring Protocol by Risk Category

Source: [What Is Peptide Therap? Ay Medical Provider's Guide to Benefits, Risks, and Results](#)

Published on Avr 23, 2026

Clinical monitoring schedule and key parameters for peptide therapy safety across metabolic, hormonal, renal, hepatic, and cardiovascular systems.

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Risk Category	Monitoring Frequency	Key Parameters
Metabolic	Every 3 months	Glucose, HbA1c, lipid panel
Hormonal	Every 3-6 months	IGF-1, thyroid panel, sex hormones
Renal	Every 6 months	Creatinine, eGFR, urinalysis
Hepatic	Every 6 months	AST, ALT, bilirubin
Cardiovascular	Baseline + as indicated	Blood pressure, ECG if indicated

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<https://nebraskawg.com/blog-2/peptide-therapy-medical-providers-guide-benefits-risks-results/>