

How to use Testosterone



How to use Testosterone Replacement Therapy

1

Choose the Application Site

- The gel should be applied to clean, dry skin on the lower abdomen, bikini line or behind the knee.
- Do not apply the gel to areas that will come into direct contact with other people (e.g., hands or chest) to avoid transferring the gel.



2

Prepare the Gel or Cream

Follow the specific instructions provided with your testosterone gel or cream. It usually comes in sachets, tubes, or pump dispensers.

Choose the Application Site

The gel should be applied to clean, dry skin on the lower abdomen, bikini line or behind the knee. Do not apply the gel to areas that will come into direct contact with other people (e.g., hands or chest) to avoid transferring the gel.

Application

1. **Clean Skin:** Ensure the application site is clean and dry before applying the gel.
2. **Apply the Gel:** Squeeze the gel out of the sachet, tube, or pump. Rub it gently onto the skin and allow to dry before putting on clothes. Rotate application sites and do not apply the gel to the same area each day to avoid side effects.
3. **Wash Hands:** After application, wash your hands thoroughly to avoid spreading the gel to other areas or people. Use only the prescribed amount, which is typically a pea-sized amount, or as directed by your healthcare provider.

3

Application

1. Clean Skin: Ensure the application site is clean and dry before applying the gel.

2. Apply the Gel: Squeeze the gel out of the sachet, tube, or pump. Rub it gently onto the skin and allow to dry before

putting on clothes. Rotate application sites and do not apply the gel to the same area each day to avoid side effects.

3. Wash Hands: After application, wash your hands thoroughly to avoid spreading the gel to other areas or people.

Dosage and Frequency

Check the dose listed on your prescription. This may vary depending on the type of testosterone you have been prescribed but it is normally a small amount. Consistency is important for maintaining stable hormone levels.

Typical amounts are listed below:

- Testogel 1%: pea sized amount, daily, one sachet to last 8 days
- Tostran 2%: One pump, three times a week
- Androfeme 0.5mls, once daily

Safety and Precautions

Avoid direct contact with others, particularly children and pregnant women, in the area where the gel was applied until the gel has dried completely.

Keep the gel in a cool, dry place, away from direct sunlight. Follow the storage instructions on the packaging

Monitoring and Follow-Up

- You will need a blood test after being on testosterone for 3 months and then every 6 months. This is to ensure safe prescribing and avoid side effects.
- DO NOT use gel on the morning of your blood test appointment – this will result in an abnormally high result. Wait until after the blood test to apply to your gel that day.
- Make sure you have your testosterone results 1-2 weeks before either your review or your repeat prescription request as these will be needed to issue a further prescription.

Effectiveness

Monitor how you feel and report any changes or side effects to your healthcare provider. It can take a few months to notice the full effects of testosterone therapy.

You should have a review after 3 months and then annually but you can make an appointment any time in between if you are experiencing problems.

Side effects

- Please contact us if you experience of any side effects such as acne,
- excessive hair growth, male pattern hair loss or voice changes. We will
- need to check your bloods and can adjust your treatment plan if needed.





www.bristolmenopause.com
Hello@bristolmenopause.com
0117 452 5747

Low Barn, Sheepway, Portbury, Bristol, BS20 7TF