


HOW SHOULD EACH TESTAVAN® DOSE BE APPLIED?¹

DOSING: Based on the dose your doctor has prescribed, use one, two or three pump presses of TESTAVAN® once daily at approximately the same time each day, preferably in the morning.


Wait at least 2 hours before showering, swimming or bathing to prevent reduced testosterone absorption.

23 mg: 1 PUMP PRESS

Hold the pump with the nozzle facing the applicator surface. Press the pump head once, all the way down.




46 mg: 2 PUMP PRESSES



Hold the pump with the nozzle facing the applicator surface. Press the pump head once, all the way down.

Repeat to apply a second pump press of gel to the applicator and then onto opposite upper arm and shoulder.

69 mg: 3 PUMP PRESSES



Hold the pump with the nozzle facing the applicator surface. Press the pump head once, all the way down.

Repeat to apply a second pump press of gel to the applicator and then onto opposite upper arm and shoulder.

Repeat again to apply the third pump press of gel to the first upper arm and shoulder.

CLEANING YOUR TESTAVAN® APPLICATOR



Safely throw away used tissue. Be careful to prevent transfer to others including children or pets.

REMEMBER to put the lid back on the applicator and put the applicator back on the pump.

WHAT SPECIAL PRECAUTIONS SHOULD I KEEP IN MIND?¹

- AVOIDING TESTOSTERONE TRANSFER TO OTHERS¹**
- **Apply** the medicine only to clean, dry, normal healthy skin on your shoulders or upper arms
 - **If skin-to-skin** contact occurs before showering, the product can be transferred to others, which can lead to an unwanted increase in testosterone levels in their body
 - **Wash** your hands with water and soap straight away if you do get any of the product on your hands
 - To avoid transference of the product through your hands, always use the applicator to apply the product.

- POTENTIAL SAFETY AND TOLERABILITY CONCERNS¹**
- Like all medicines, TESTAVAN® can cause side effects, although not everybody gets them:**
- **The most** commonly reported adverse reactions were: application site reactions (4%) including: rash, erythema, pruritus, dermatitis, dryness and skin irritation
 - **The majority** of these reactions were mild to moderate in severity
 - **If you experience** issues such as itchy skin or skin irritation, consult your physician.

- STORAGE^{1,3}**
- **This medicine** does not require any special storage conditions
 - **Keep this medicine** out of the sight and reach of children
 - **Do not use this medicine** after the expiry date, which is stated on the pump label and the outer carton



References: 1. TESTAVAN® SmPC, UK. 2. Dohle GR et al. Eur Assoc Urol 2017;1-32. 3. Arver S et al. Andrologie 2018;6(3):396-407.

Testavan® is a prescription only-medicine. Adverse events should be reported according to local legislation. Date of preparation of Prescribing Information: April 2022 Info_1485.



YOUR PERSONAL GUIDE TO USING TESTAVAN® No.1

WHY HAS MY DOCTOR PRESCRIBED TESTAVAN®?

PRIMING YOUR GEL PUMP BEFORE FIRST USING TESTAVAN®

HOW SHOULD I USE TESTAVAN®?¹

HOW SHOULD EACH TESTAVAN® DOSE BE APPLIED?¹

WHAT SPECIAL PRECAUTIONS SHOULD I KEEP IN MIND?¹

INDICATION: TESTAVAN® is a transdermal testosterone replacement therapy for adult male hypogonadism, when testosterone deficiency has been confirmed by clinical symptoms and blood tests.¹

WHY HAS MY DOCTOR PRESCRIBED TESTAVAN®?

Your doctor has prescribed TESTAVAN® because blood tests and symptoms have shown that your body is not producing enough testosterone.¹

WHAT IS TESTOSTERONE?²

Testosterone, the most important male hormone, helps to produce sperm and to develop and maintain masculine features such as a deep voice and body hair.

- It is necessary for normal sexual function and sex drive.
- It also helps to maintain muscle size and strength.

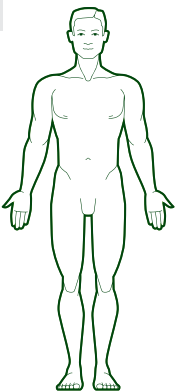
WHAT IS ADULT MALE HYPOGONADISM?²

Hypogonadism is a medical condition in which the body's testosterone levels are lower than normal.²

When the body does not produce enough testosterone it can impact sexuality, organ function, mood and overall quality of life.²

Some of the key signs and symptoms may include²:

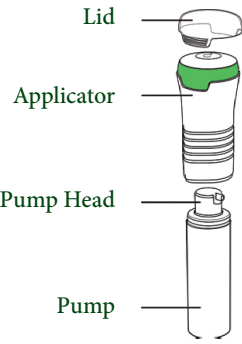
- Erectile dysfunction
- Low libido
- Infertility
- Low sex drive
- Fatigue
- Depressive mood
- Bone loss
- Change in voice, in fat distribution and partial loss of facial and body hair



WHAT IS TESTAVAN®?

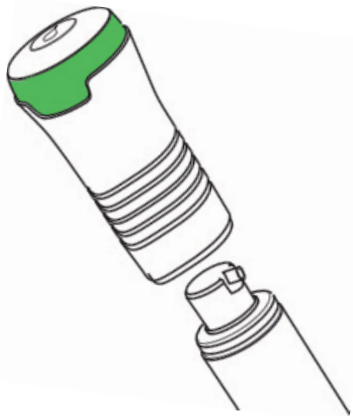
TESTAVAN® 20 mg/g is a gel that contains testosterone.¹

The gel comes in a metered dose dispenser and is applied using a hands-free applicator.

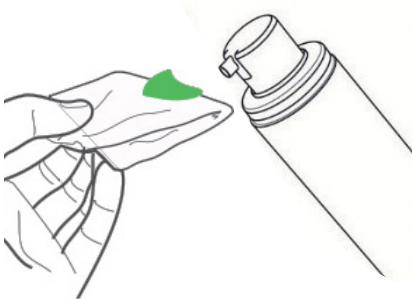


PRIMING YOUR GEL PUMP BEFORE FIRST USE TESTAVAN®

YOUR NEW TESTAVAN® PUMP MUST BE PREPARED FOR FIRST USE AND APPLICATION¹



STEP 1: Take off the applicator from the pump.



STEP 2: Prime the pump by pressing the pump head all the way down, over a tissue. Repeat until the gel appears.

Do 2 additional pump presses. This will ensure that your dose is correct.

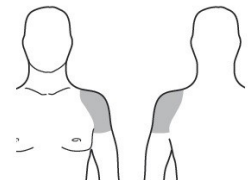
TO ENSURE CORRECT DOSING, DISCARD THE INITIAL GEL RELEASED DURING PRIMING WITH A TISSUE PAPER.

SAFELY THROW AWAY THE USED TISSUES TO PREVENT TRANSFERRING TO OTHERS INCLUDING CHILDREN OR PETS.

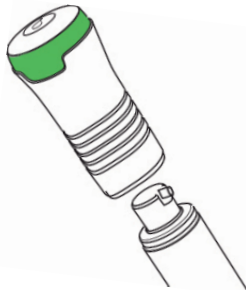
YOUR TESTAVAN® PUMP IS NOW READY TO USE.

HOW SHOULD I USE TESTAVAN®?¹

TESTAVAN® OFFERS CONVENIENT, HANDS-FREE APPLICATION THAT MINIMISES THE POTENTIAL RISK TO TRANSFER THE PRODUCT TO SOMEONE ELSE^{1,3}




STEP 1: Select a clean, dry, normal healthy area of the skin on your upper arm and shoulder that would be covered by a short sleeve t-shirt.



STEP 2: Remove the applicator from the pump.



STEP 3: Remove the lid from the applicator.



STEP 4: Hold the pump with the nozzle facing the applicator surface. Press the pump head all the way down.



STEP 5: Use the applicator to spread the gel evenly across your upper arm and shoulder, making sure not to get any gel on your hands.