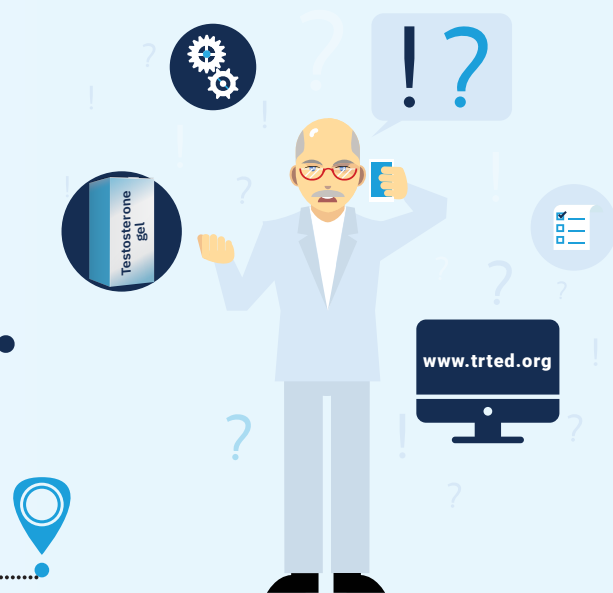


# Help! I've been prescribed Testosterone gel.

*A guide to support your treatment journey*



## What is Testosterone gel?

Testosterone gel is a gel that contains testosterone. The treatment is applied directly to the skin so that the testosterone within the gel can be absorbed straight into the bloodstream, helping to restore normal levels of testosterone in the body.<sup>1,2</sup>

## Why have I been prescribed Testosterone gel?

You have been prescribed testosterone gel because you have low testosterone, a condition also known as hypogonadism. This means your body isn't producing enough testosterone on its own.<sup>1,2</sup> Thankfully, this is a completely treatable condition through testosterone replacement therapy (TRT).

## Why is Testosterone important?

Testosterone is key for many functions in the male body, including:<sup>3</sup>

- The production of red blood cells and sperm
- The growth and development of the male sex organs
- Libido (sex drive) regulation
- Development and maintenance of bone and muscle mass

## How often should I take my Testosterone gel?

If you have been prescribed testosterone gel but you are unsure of how often you need to take it, the first thing you should do is to check the label and information leaflet that comes with your testosterone gel.

Testosterone is usually applied once daily with some variation in the amount (dose) of gel you should apply.

This is because the concentration of testosterone will vary between different gels so it's important to stick to the recommended dosage.<sup>4,5</sup>

## What can I do to help stick to my treatment plan?

Remembering to take your treatment every day can be difficult, especially when it comes to new elements of your routine. One of the easiest ways to remember to stick to your treatment plan is to apply your testosterone gel at the same time every day. You could even set a daily alarm as a reminder.

## Where do I apply my Testosterone gel?

As well as adhering to the recommended dose it's important to apply your testosterone gel on the correct area of your body, this is usually the upper arm, shoulder, or abdomen and inner thighs.<sup>4,5</sup> It's important to read the instruction leaflet provided with your particular gel. If you are still uncertain about how to correctly apply your gel, be sure to ask your doctor or nurse for a quick demonstration.

## Are Testosterone gels backed by science?

Testosterone gels are backed by an abundance of clinical data. Multiple studies have consistently demonstrated testosterone gels increase levels of testosterone in the body, as well as improve body composition amongst other benefits outlined below.<sup>6,7</sup>

## How long until I can expect to see benefits, and what are they?

You may observe benefits as soon as 3 weeks. However, some may take up to 6 months to take effect which is why regular sustained use is essential.<sup>2</sup> It is a good idea to request check-ups with your doctor after three, six, and 12 months to assess your progress.

Continued use of testosterone gel can alleviate symptoms of low testosterone including low libido, erectile dysfunction, depressed moods, and irritability.<sup>9-7</sup> However, You may observe some additional benefits with your testosterone gel such as improved body composition and improved red blood cell count.<sup>6,10</sup>

## Are there any safety concerns with my Testosterone gel?

A common concern with testosterone gel is secondary transfer, which is when people other than the user come into contact with the gel. This may be of particular concern to women and children. The best way to avoid this is to allow the gel enough time to be absorbed (read through the

recommended waiting time on your testosterone gel leaflet) and then wash your hands with warm soapy water. It's also recommended to wear clothing over the application area.<sup>4,5</sup>

If you think someone has come into contact with your testosterone gel, ask them to wash any potentially affected areas.

## Safety precautions include:

- Ensuring you've notified your doctor of any allergies
- Washing your hands before and after application
- Being mindful that some testosterone gels are flammable
- If you experience any adverse effects, it's always best to seek advice from your doctor

## What should I do if I have any questions?

If you have any questions or concerns no matter how small, it's always best to consult your doctor.

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