

Testogel®

Testogel® 1.6% is a funded topical testosterone. It is applied to the skin as the method of administration.

Dosing:

- The usual starting dose is two actuations (pumps) of gel (40.5mg of testosterone), applied once daily and preferably in the morning
- The dose can be increased by one actuation (pump) according to response, to a maximum of four actuations (pumps) per 24 hours.

Instructions for Use:

- Each new pump pack of Testogel must be primed before use – press the plunger down **three** times, and discard the gel. Once this is done, the pump will not need to be primed again
- Apply the dose as a thin layer to clean, dry and healthy skin (e.g. usually shoulders and upper arms)
 - Avoid chest and genital areas – the high alcohol content may cause irritation
- Allow the skin to dry for 3-5 minutes before covering with clothing
 - Keep area covered to avoid accidental transfer to other people – especially children and pregnant people
- Wash hands with soap and water after application
- Avoid washing the treated area for at least one hour

Note:

- The absorption of testosterone topically through the skin can be variable
- A blood test for testosterone level can be taken 4-6 hours after gel application, or in the morning prior to the next application of gel
 - Recommend not having the test taken from skin that has had gel applied

Accidental Testosterone Transfer:

- Close skin to skin contact at any time after the dose as been applied can result in the testosterone gel being transferred to the other person
- This can result in increased testosterone levels and possible adverse effects (e.g. growth of body/facial hair, deepening of voice etc)
- The treated area should be washed before any situation in which close skin-to-skin contact with another person is expected
- If another person is accidentally exposed/has contact with the gel – the affected person should wash the affected area with soap and water immediately, and seek medical advice if there are signs of excessive testosterone exposure (eg acne, hair changes)
- Pregnant people and children should avoid all contact with gel application sites