



Testosterone Gel

Patient Guide

Reference guide and instructions for using your testosterone gel prescription.

In This Guide:

- Information for dosing and storage
- Instructions for administering medication

Included In Your Shipment:

- Prefilled Application Jar
- menMD clinical case manager contact information

Disponible en español en
menmd.com/resources



Important details regarding your medication

Have Questions?

Visit our website or talk to a menMD specialist.

[menMD.com](https://www.menMD.com)

857-233-5837

When to Use

You should apply the gel at the same time every day (once every 24 hours), or as directed by your doctor. The gel should be applied to the upper arms/shoulders (areas normally covered by a T-shirt) or another area as directed by your doctor.

It is important not to skip doses or stop using the gel since your testosterone levels will drop quickly. The best results are achieved when levels of testosterone remain consistent in your body.

Dosing

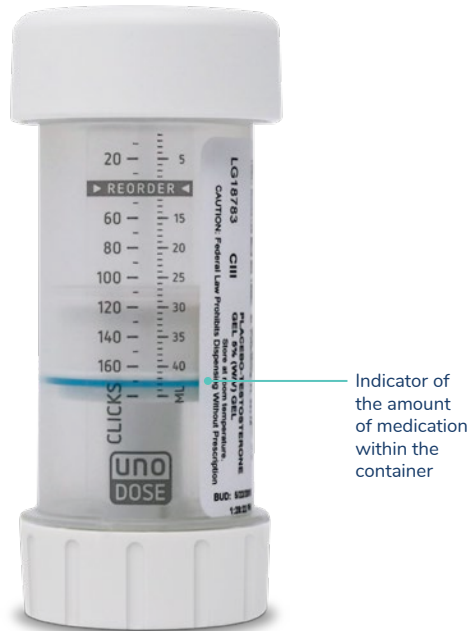
Your dose is based on your physician's order. Instructions are printed on the label from the pharmacy. The amount of medication within the container can be confirmed by reading the scale at the blue line.

Storing Your Medication

- This medicine should be stored at room temperature.
- Do not use the medication after it has expired.

Instructions for use

Figure A:
Application Jar



1. Prepare the Gel

- Remove the cap from the Application jar. (See Figure A)
- Turn the bottom of the jar until gel starts to appear at the opening at the top of jar. Each click of the Application is the equivalent of 0.25mL of gel. Turn the bottom of the jar until it stops, this is 1 click.

NOTE: If your dose is 1mL, you should turn the bottom of the jar 4 clicks. You may need to prime the jar the first use.

2. Apply Medication

- Rub the gel into the skin on your upper arm or shoulder.
- Immediately wash your hands after the application.

3. After Applying

- After a few minutes, when the gel has completely dried, cover the area with a shirt to avoid transferring the medication to other surfaces.
- If there is medication left in the jar, recap the jar and store at room temperature.
- Avoid swimming, bathing, showering, or sweating for 2 hours after the application.

Evaluation & Reminders

Results

- There is no immediate effect from the gel. Over several weeks, after starting or changing the dose, your body will adjust to the new level of testosterone. Your doctor will help set treatment goals to measure your response while using testosterone.
- Your doctor will likely want to see you every 3-6 months to conduct blood tests required to measure the level of testosterone in your body. Additional blood tests are conducted to make sure testosterone is not producing an adverse effect on your body's chemistry.

What's Next?

- If you have concerns or questions about your progress, call a clinical case manager at menMD at 857-233-5837. Our case managers work closely with your doctor and can provide you with troubleshooting, helpful techniques and advice on next steps or alternative treatments.

Important Notes:

- This testosterone medication is formulated in a gel base containing a chemical called dimethylsulfoxide (DMSO). DMSO aids in the absorption of the testosterone through your skin. When applied to the skin as directed, a few minutes after application the skin may feel warm. Also, there may be a tingling sensation. Patients may report the sensation feels like an itch. This is a normal reaction to the DMSO. The sensation should go away within 30 minutes of application.
- Testosterone is a controlled substance and must not be used by anyone other than the person to whom it was prescribed.
- Use of testosterone by men with prostate cancer or who have had prostate cancer must be closely monitored and the prescriber must be made aware of the prostate cancer history.
- Testosterone therapy may increase the risk of blood clots in the legs or lungs. Signs and symptoms of these clots may include leg pain, swelling, and redness. Signs of a clot in the lungs include difficulty breathing and/or chest pain. If these signs are present, go immediately to the emergency room.



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