

HOW TO PREPARE your Testogel 16.2 mg/g gel

Testogel 16.2 mg/g gel comes in a pump specifically designed to deliver a consistent amount of testosterone gel each time you press down the plunger. Each time the plunger is pressed down it delivers 1.25 g of gel (40.5 mg of testosterone).

SETTING UP your Testogel 16.2 mg/g gel

Follow these steps when you use your pump for the first time:



1. Remove the cap from the canister to reveal the plunger



2. Remove the stopper from the spout



3. Press the plunger down 3 times, collecting the gel on a tissue



4. Do not use the gel released and safely discard it in a rubbish bin

Your pump is now ready to use. You won't need to perform these steps again.

5 KEY THINGS TO REMEMBER

- Testogel 16.2 mg/g gel is a prescription-only testosterone gel for patients with testosterone deficiency
- Testogel 16.2 mg/g gel should be applied to your upper arms and shoulders once daily, ideally in the morning
- Always wash your hands with soap after applying Testogel 16.2 mg/g gel
- To avoid transferring Testogel 16.2 mg/g gel to others, cover the application area with clothing after the gel has dried (**3-5 minutes**)
- After applying gel, you should wait at least **2 hours** before taking a bath or shower

Further information is available in your package insert.
Contact your doctor if you have any further questions about your Testogel 16.2 mg/g gel treatment.



Like all medicines, Testogel may cause side effects, although not everybody gets them. The most common side effect is skin reaction at the application site. This is usually mild and clears up after a few days.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the packaging leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

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Visit www.testogelpump.co.uk/patient to find out more about Testogel 16.2 mg/g gel and access information relating to:

- **What is testosterone deficiency**
- **How to use Testogel 16.2mg/g gel**
- **How the treatment works**



HELPING YOU GET STARTED WITH TESTOGEL 16.2 MG/G GEL (TESTOSTERONE)



This leaflet is intended for patients who have been prescribed Testogel 16.2 mg/g gel to give general information about testosterone replacement therapy for testosterone deficiency. This is not a substitute for the leaflet contained in the pack, which you should also read.



YOU'VE BEEN PRESCRIBED TESTOGEL 16.2 MG/G GEL

TESTOGEL® 16.2 mg/g gel is used in adult men for testosterone replacement, to treat various health problems caused by persistent low levels of testosterone.

WHY DO I NEED TESTOSTERONE?

Testosterone is a hormone made naturally in our body that is essential for developing and maintaining characteristics in men, such as:

- Sex drive and sexual function
- Muscle mass and strength
- Bone strength
- Mood and energy levels

Do not use Testogel 16.2 mg/g gel

- If you have or are suspected of having prostate cancer
- If you have or are suspected of having breast cancer
- If you are allergic to testosterone or any of the other ingredients of this medicine (listed on your package insert)

APPLY TESTOGEL WITH JUST A FEW SIMPLE STEPS

Apply your Testogel at the same time each day, ideally in the morning.

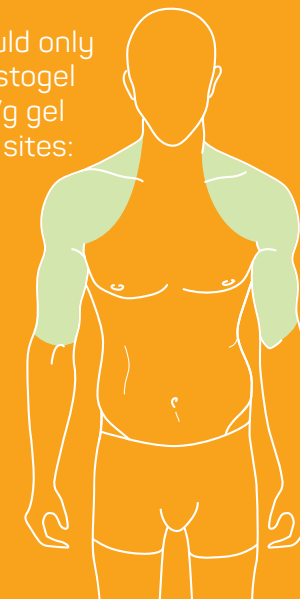
Your doctor will tell you how many times to press the plunger to get the correct dose for you.

Once you have your dose of gel in the palm of your hand:

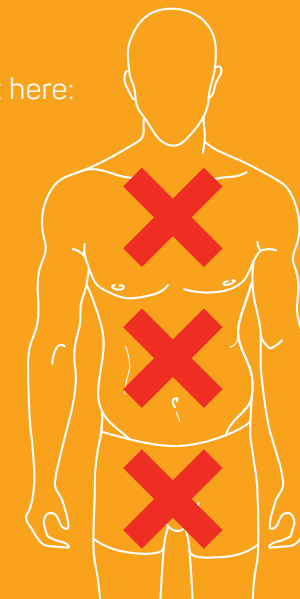
1. Spread the gel gently in a thin layer onto clean, dry, unbroken skin on both of your **shoulders and upper arms**. Do not rub it in
2. After applying, wash your hands with soap
3. Allow the gel to dry for **3-5 minutes** before getting dressed
4. Wait at least **2 hours** before taking a bath or shower

APPLY TESTOGEL 16.2 MG/G GEL TO YOUR UPPER ARMS AND SHOULDERS

You should only apply Testogel 16.2 mg/g gel to these sites:



Not here:



WHAT PRECAUTIONS SHOULD I CONSIDER WHEN USING TESTOGEL®?

Transfer risk:

During close and relatively long periods of skin contact, testosterone may be transferred to another person unless you cover the treated area. This could cause your partner to show the signs of increased testosterone.

The following precautions are recommended:

- Wash your hands with soap and water after applying the gel
- Cover the application area with clothing once the gel has dried
- Take a shower before intimate contact

If you believe testosterone has been transferred to another person (woman or child):

- Wash the area of skin which may have been affected immediately with soap and water
- Report any signs such as acne or changes in the growth or pattern of hair on their body or face to your doctor

WHAT CAN I EXPECT FROM MY TREATMENT WITH TESTOGEL®?

Testogel® helps to alleviate and control the symptoms of your condition, but does not cure it. You must use the treatment every day, for as long as your doctor recommends.

You can expect some symptoms to improve within 3 months. Other symptoms may take longer to improve. The maximum effect of treatment on symptom alleviation is often seen between 6-12 months.

Your doctor will monitor your progress to ensure you are receiving the right treatment and dose, so make sure you continue to visit your doctor regularly.