



Testosterone Replacement Therapy for Women - Instructions

TESTOSTERONE CREAM INSTRUCTIONS

- Apply cream to areas with fairly thin skin (not over bony or fatty areas) - inner upper arms, inner forearms, inner thighs, back of knees, lower abdomen, or low back/upper buttocks - see sites on diagram below
- Start with 1 click of cream each morning. Rotate application sites daily.
- After 2-3 weeks, you can increase to 2 clicks at a time if needed. Continue increasing by 1 click every 2-3 weeks until you feel like your symptoms are being well controlled.
- Avoid swimming, bathing, showering, strenuous exercise, or sweating for at least 2 hours after application.
- Topical HRT creams can transfer to others via skin-to-skin contact. Do not allow other people or pets to come in contact with your cream application site for at least 1 hour.
- Wash your hands after application
- Keep creams in a safe, cool spot away from children and pets
- This is a good video walking through the steps of using the topi-click cream dispenser that most of our HRT creams come in: youtube.com/watch?v=_zRiYgnkCHE

TESTOSTERONE INJECTION INSTRUCTIONS

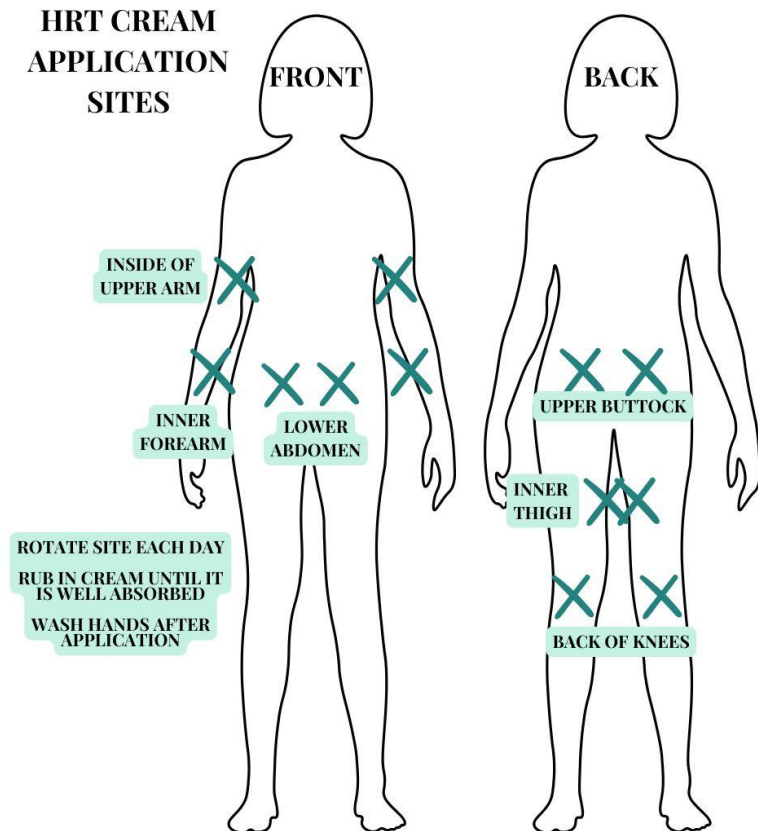
- We will start with injections once weekly. If the effect seems to wear off in less than a week, we can adjust to twice weekly.
- These are subcutaneous injections. Here is a video walking through the steps of drawing up and injecting your medication: youtube.com/watch?v=RPjvo6cairs
- **You can purchase additional syringes here: a.co/d/06ctkIC7**
- Testosterone is slightly thick, so it can be slow and a little difficult to draw up, especially if you are using a needle that is too small. A 25 or 27 gauge needle typically works well. It is sometimes easier to use a larger needle to draw up testosterone then switch to a smaller needle for the injection.
- See injection sites below

POSSIBLE SIDE EFFECTS OF TESTOSTERONE THERAPY

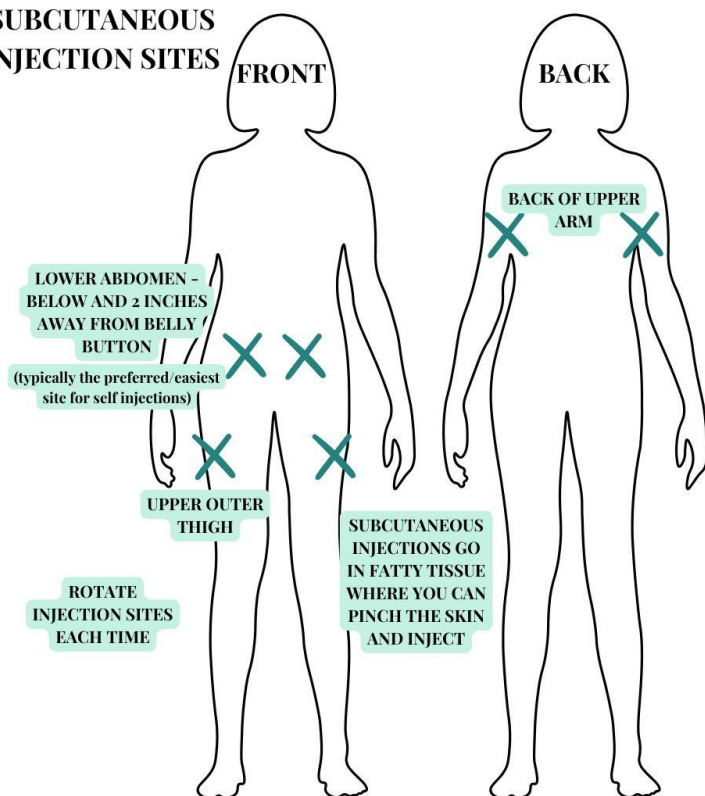
- Most side effects - especially any significant side effects - are caused by a dose that is too high. This is why we start at a very small dose and increase slowly as needed.
- If your dose is too high, you may experience excess hair growth to face or body, acne, oily skin and hair, weight gain, anger, or mood swings.
- Less common side effects associated with a dose that is *much* too high include male pattern hair loss, deepening of voice, and clitoral enlargement.
- More common side effects include mild nausea, irritability, increased hunger, sleep disturbances, or just feeling a little off at first. These typically resolve with a little time adjusting to the medication.
- If you have any worrisome or bothersome side effects, let us know so that we can make adjustments as necessary.

- ★ **Our goal with testosterone therapy is to help you feel your best and to optimize your health and longevity.**
- ★ **We will follow up 1 month after starting or adjusting testosterone then every 3 months when you are on a stable regimen. We will check labs every 3 months. You will need to check your blood pressure monthly.**
- ★ **Please reach out anytime you have a question or concern - we are here to help**

HRT CREAM APPLICATION SITES



SUBCUTANEOUS INJECTION SITES



THESE INSTRUCTIONS ARE MEANT FOR CURRENT WELLKC PATIENTS. IF YOU ARE NOT A CURRENT WELLKC PATIENT, THIS INFORMATION IS FOR GENERAL INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. YOU SHOULD ONLY TAKE MEDICAL ADVICE FROM A PROVIDER WHO HAS SPECIFICALLY EVALUATED YOU AND HAS AN AGREED UPON PROVIDER - PATIENT RELATIONSHIP.

IF YOU ARE INTERESTED IN BECOMING A PATIENT, PLEASE REACH OUT THROUGH OUR WEBSITE: WWW.WELLKCKS.ORG