



Starting Testosterone Injections (females, testosterone 50mg/mL)

Testosterone is an important hormone for women. It plays a role in: energy, motivation, libido, mood, cognitive function, sleep, bone health, muscle mass & strength, and much more

Low levels of testosterone can cause: fatigue, brain fog, memory problems, decreased sex drive, reduced motivation, decreased exercise recovery and muscle mass, and more

- ❖ **We are starting testosterone injections.** These are subcutaneous injections, meaning they go into subcutaneous or “fatty” tissue. See the [SUBCUTANEOUS INJECTION INSTRUCTIONS](#) handout for detailed instructions on giving yourself a subcutaneous injection.
- ❖ Please order these [SYRINGES](#) (these are cheaper than ordering through the pharmacy)
- ❖ You can order additional alcohol wipes [HERE](#)
- ❖ You will do an injection ONCE WEEKLY. This can be any day of the week, morning or night - just pick a day and time that works well for you and be consistent.
- ❖ You will start with 0.1 mL per dose (this is equivalent to 5 mg of testosterone). If you order the syringes above, this will be the 0.1 mark on the syringe. This is a very small amount and dose - we start low and increase very slowly to avoid adverse effects.
- ❖ After 3-4 weeks, if you are not noticing any or enough effect, you can increase to 0.15 mL per dose - this is halfway between the 0.1 and the 0.2 mark on the syringe.
- ❖ Monitor for improvements in energy, mood, focus, concentration, memory, motivation, libido, sleep, or any other specific symptoms that we are working on improving.
- ❖ Please check your blood pressure at least once prior to your next appointment. If you need a blood pressure machine, this is a good one to purchase: [HOME BP MACHINE](#)
- ❖ We will have a follow up appointment in 4 WEEKS to check in. You can schedule [HERE](#)
- ❖ We will typically recheck your testosterone and other hormone levels in about 3 months
- ❖ It is very common to need a higher dose before you notice an optimal effect. Sometimes we may change dose frequency or formulation as well. We personalize treatment to each individual person, so don't worry if you do not have the effect that you expected right away.
- ❖ Please reach out if you have any issues or questions. **You can text us anytime at 913-513-2166.** We are here to help!

POSSIBLE SIDE EFFECTS OF TESTOSTERONE THERAPY

- Most side effects - especially any significant side effects - are caused by a dose that is too high.
- 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.

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