

Testosterone Therapy – Patient Education Guide

What is Testosterone?

Testosterone is a naturally occurring hormone in the body that plays a key role in male development and health. It helps regulate energy levels, mood, muscle mass, bone density, and sexual function. Testosterone therapy is prescribed to treat men with low testosterone levels.

How to Use Your Medication

- Use testosterone exactly as prescribed by your healthcare provider.
- Follow the specific instructions provided for your dosage form (injection, topical gel/cream, etc.).
- Do not change your dose or frequency unless directed by your provider.
- Wash your hands before and after use (especially for topical products).

Storage Instructions

- Store at controlled room temperature (typically 68°F–77°F or 20°C–25°C).
- Keep away from excessive heat, moisture, and direct light.
- Do not freeze.
- Keep out of reach of children and pets.
- Store in original packaging until use.

What If I Miss a Dose?

- If you miss a dose, take it as soon as you remember.
- If it is close to your next scheduled dose, skip the missed dose—do not double up.
- Resume your regular dosing schedule.
- Contact your healthcare provider if you miss multiple doses.

Possible Side Effects

Common side effects may include:



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- Acne or oily skin
- Mild swelling (fluid retention)
- Increased red blood cell count
- Mood changes
- Headache

Serious side effects (seek medical attention):

- Shortness of breath
- Chest pain
- Swelling in legs or ankles
- Signs of allergic reaction (rash, itching, swelling, severe dizziness)

Important Safety Information

- Do not share your medication with others.
- Keep all follow-up appointments and lab tests as directed.
- Inform your provider of all medications and supplements you are taking.
- Avoid contact transfer (for topical forms): keep treated areas covered and avoid skin-to-skin contact until fully absorbed.

When to Contact Your Provider

- If you experience bothersome or severe side effects
- If you have questions about your dose or administration
- If your symptoms do not improve or worsen