

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

# Testosterone Replacement Therapy

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## Why am I being offered it?

If your own body does not make enough testosterone, you may benefit from having supplemental testosterone. Your own body may not make enough due a problem in the testes, where testosterone is made, or a problem in the pituitary gland in the brain, which controls the function of the testes. This can be due to many reasons which your doctor will discuss with you.

## What are the symptoms of low testosterone?

Fatigue, lethargy, depression, anxiety, irritability, decreased shaving frequency, reduced exercise tolerance and strength, excessive sweating and night sweats, poor concentration/memory, low libido and erectile dysfunction.

It is worth bearing in mind that other health conditions can also cause these symptoms and they may not be attributable to your low testosterone – thus testosterone replacement may not alleviate these symptoms.

## What are the aims of treatment?

We aim to improve the symptoms that you may have experienced by having a low testosterone. We may also be aiming to improve your bone density if it has been found to be low. It is worth bearing in mind that whilst a lot of people notice an improvement in their symptoms when starting testosterone, this is not always the case.

It is particularly worth bearing in mind that erectile dysfunction may not improve.

## Notes

### What are the treatment options?

Preparation	Advantages	Disadvantages
Testosterone Gel (Testogel, Tostran). A clear gel rubbed into and absorbed by the skin.	<ul style="list-style-type: none"> <li>- Stable and predictable blood levels of testosterone.</li> <li>- Self administered.</li> </ul>	<ul style="list-style-type: none"> <li>- Skin irritation (rare).</li> <li>- Best avoid skin-on-skin contact with partner from the site of application.</li> </ul>
Testosterone injection (Sustanon, Nebido).	<ul style="list-style-type: none"> <li>- Reduced frequency of administration. (monthly or 12– weekly depending on brand).</li> </ul>	<ul style="list-style-type: none"> <li>- Can be localised pain at injection site.</li> <li>- Can result in end-of-dose fluctuations in symptoms.</li> <li>- must be administered by a healthcare professional.</li> </ul>

### How much should I take?

You should take the dose that is prescribed by the doctor.

## What if I take too much?

Too much testosterone can cause problems.

These include oily skin, acne, hair loss and increased haematocrit ('thickening of the blood') which may be associated with an increased risk of heart attack, stroke and blood clots.

There are risks of prostatic enlargement and a small risk of uncovering prostate or male breast cancers.

## What if I take too little?

You may not benefit from improvement in bone density and symptoms associated with low testosterone.

## Is it safe for me?

Your doctor will check that it is safe for you prior to allowing you to commence on treatment. This baseline set of tests will check your prostate, cholesterol, liver, kidneys and blood count.

You will also have your blood pressure checked. You will need these monitoring on a regular basis along with your testosterone levels to ensure that you are on the correct dose.

## Monitoring

If you are on injections, you should have your testosterone levels checked just before your injection is due. If you are on testosterone gel, you should have your blood test approximately 3 hours after you apply the gel.

## Are there any side effects?

When you are given testosterone that is not made by your own body, your brain will shut off production of testosterone in the testes.

**Along with this, your body also tends to shut off production of sperm which also occurs in the testes. You may notice physical shrinkage of the testes. This will mean that your fertility will be affected by going onto testosterone replacement therapy. If you are considering having children in the future – you should discuss this with the doctor further.**

Other side effects include: difficult passing urine, fluid overload, localised skin reactions, mood swings, nervousness and hostility. If you notice any of these, you should attend your GP and let your endocrinologist know.

Your endocrinologist may be considering commencing testosterone replacement therapy. The aim of this leaflet is to provide you with information about the treatment so that you understand why it is considered and what to expect.

**If you have been prescribed testosterone replacement therapy, please also read the leaflet that comes with your medication carefully**