

**Hormone Hotline: 228.365.6885**



## TESTOSTERONE

### **MEDICATION:**

This medication contains testosterone that has been compounded in a **topical dosage form (cream or gel)**. The testosterone is absorbed through the skin and then enters the bloodstream to help restore normal testosterone levels in your body.

### **USES:**

This compounded prescription contains a hormone that is found naturally in the body. It is used to treat hormone deficiencies in men and women and other conditions as determined by the patient's physician.

### **SIDE EFFECTS:**

Side effects of this medication can include **nausea, vomiting, diarrhea, agitation, depression, acne, chronic priapism (in men), changes in libido, hirsutism, clitoral enlargement, voice changes, and electrolyte retention**. If patients are using a formulation that is applied to the skin, they may experience **itching, discomfort, or irritation**. These effects may go away during continued use. If they continue or are bothersome, patients should check with their provider or pharmacist.

### **PRECAUTIONS/INTERACTIONS:**

Patients should contact provider as soon as possible if they experience frequent or **persistent erections (men), nausea, vomiting, ankle swelling, or headache**. If patients notice other effects not listed above, they should contact their provider. If patients have diabetes mellitus and use **insulin**, this medication may affect their blood sugar and insulin requirements. Patients should check blood sugar levels closely and ask their provider before adjusting dose of their insulin. If patients are on **Coumadin**, ensure provider is monitoring INR closely, because testosterone can increase Coumadin levels. Coumadin dose adjustments may be required; do not adjust dose without consultation of provider. When using creams **be precise about measuring the dose**, do not "estimate" the dose. Inconsistent dosing can affect hormone levels and lead to unfavorable outcomes. **Wash hands well after application because contact transfer can occur; care should be taken not to touch objects, humans, or animals to prevent harmful side effects for humans/pets who touch where medication has been applied.**

### **DIRECTIONS:**

This medication is available in the following dosage forms: transdermal patch, gel, cream applied to the skin, oral capsule or liquid, implanted pellets, sublingual drop or lozenge, or injection. Patients should always follow their physician's or pharmacist's instructions. Patients should not exceed the dosage prescribed by their physician. This medication should be stored as directed by the pharmacist. **Follow dosage directions exactly**; do not make dose adjustments to a dose unless instructed to do so by provider. **If a patient misses a dose**, he/she should take the dose as soon as remembered. Patients should not take the dose if it is almost time for the next dose. Instead, patients should skip the missed dose and resume the usual dosing schedule. **DO NOT DOUBLE THE DOSE.**

**For any questions, either talk to your provider or your pharmacist.**

Bio-identical hormone specialist: **Tanya Harmon, PharmD & Courtney Poe, PharmD**

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