



For adults receiving treatment
for testosterone deficiency with

Testogel[®]

(testosterone)

in a pump bottle or a sachet



Testosterone deficiency

What is testosterone deficiency?

Testosterone is the male sex hormone. In adults, testosterone is needed for processes such as the maintenance and preservation of muscles, bones, sexual function and energy.

Testosterone deficiency (hypogonadism) is a condition where your body does not produce enough testosterone, and you may develop deficiency symptoms.

Before treatment, testosterone deficiency must be confirmed by two separate blood testosterone measurements.

You must also have symptoms that may be caused by low testosterone, such as:

- » tiredness
- » low mood
- » reduced sex drive
- » difficulty achieving or maintaining an erection
- » reduced muscle mass
- » bone loss caused by low hormone levels
- » small testicles and reduced body and facial hair
- » infertility

Treating testosterone deficiency with Testogel®

Testogel® is a prescription-only medicine that consists of testosterone gel, in a pump bottle or a sachet, that helps to restore testosterone to normal levels.

This medicine is used in adult men for testosterone replacement to treat various health problems caused by a lack of testosterone (male hypogonadism).

Always use Testogel® exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

Read the package leaflet carefully before starting treatment.



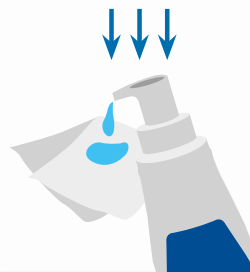
For those who have received Testogel® in a pump bottle

Testogel® in a pump bottle is a colourless gel supplied in a bottle containing 60 doses.

When using the pump for the first time

Before you use the pump for the first time, you should prepare it as follows:

- » Remove the cap from the container, exposing the plunger.
- » Depress the plunger three times over a napkin.
- » Do not use the gel from these three pump depressions. This dose should be discarded safely.
- » The pump is now ready for use.



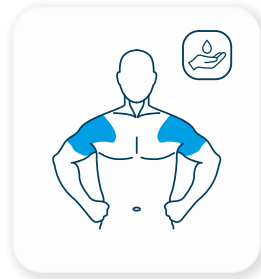
It is important that the plunger is pushed all the way down so that a full dose of testosterone gel is delivered with each pump depression.

Applying testosterone gel from a pump bottle

Apply the gel yourself. Do not let anyone else apply it for you.

- » The gel should be spread out onto clean, dry, healthy skin in a thin layer on both shoulders and arms.
- » You do not need to rub or massage the gel into the skin.
- » Allow the gel to dry for at least 3–5 minutes before getting dressed.
- » Wash your hands with soap and water after applying.
- » The gel must not be used on the genitals (penis and testicles) as the high alcohol content may cause local irritation.
- » Avoid sources of heat/naked flames when first administering the product, as ethanol is flammable until the gel has dried on the skin.

If you experience severe skin reactions where the medicine is applied, you should contact your doctor for advice. It may be necessary to discontinue the treatment.



Dosage for those with a pump bottle

The recommended dose is two pump depressions (2.5 g gel), applied once a day at approximately the same time, preferably in the morning. The dose can be adjusted by your doctor, and the maximum dose is four pump depressions (5 g of gel) per day.

Your doctor will tell you how many pump depressions will give the right amount of gel for you.



Number of pump depressions	Amount of gel (g)	Amount of testosterone applied to the skin	
1	1,25	20,25	
2	2,50	40,5	Rec. dose
3	3,75	60,75	
4	5	81	Max. dose

For those who have received Testogel® in sachets

Testogel® is packaged in 5 g sachets of an colourless gel, each containing 50 mg of testosterone.



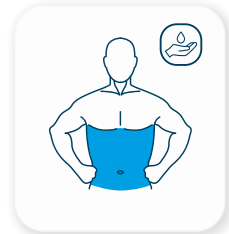
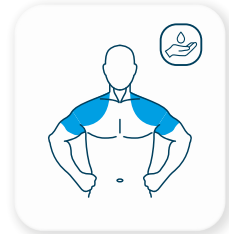
Dosage for those with sachets

The recommended dose of gel is 5 g (i.e. 50 mg of testosterone), applied once a day at approximately the same time, preferably in the morning. The daily dose can be adjusted by your doctor, but should not exceed 10 g of gel per day.

Applying testosterone gel from a sachet

Apply the gel yourself. Do not let anyone else apply it for you.

- » Once the sachet has been opened, the entire contents should be immediately spread onto clean, dry, healthy skin in a thin layer on the shoulders, arms, or stomach.
- » The gel should be spread out onto clean, dry, healthy skin in a thin layer on the shoulders, arms or stomach.
- » You do not need to rub or massage the gel into the skin.
- » Allow the gel to dry for at least 3–5 minutes before getting dressed.
- » Wash your hands with soap and water after applying.
- » The gel must not be used on the genitals (penis and testicles) as the high alcohol content may cause local irritation.
- » Avoid sources of heat/naked flames when first administering the product, as ethanol is flammable until the gel has dried on the skin.



If you experience severe skin reactions where the medicine is applied, you should contact your doctor for advice. It may be necessary to discontinue the treatment.

Avoid transferring Testogel® to other people

Other people must not come into contact with the area where the gel has been applied. To prevent Testogel® from being transferred to others:



Put on clothing that covers the application area after the gel has dried. Wait at least 1 hour before showering or bathing.



Before close contact with another person, shower and wash the application area thoroughly with soap and water to remove any residual testosterone. If this is not possible, wear clothing that covers the application area, such as a shirt or T-shirt, during contact.



Extra caution is required during close contact with children, as testosterone may pass through clothing. After the recommended time has passed (at least 1 hour), wash the application area with soap and cover it again with clean clothing.



Pregnant or breastfeeding women must avoid **any** contact with the application area. In the event of accidental skin contact, the contact area should be washed thoroughly with soap and water as soon as possible.

If you have used more Testogel® than you should

Signs that you may be using too much of this medicine include irritability, nervousness, weight gain, and frequent or prolonged erections. Contact your doctor if this happens.

If you forget to use Testogel®

Do not take a double dose to make up for a forgotten dose. Apply the next dose at the usual time.

Athletes

The active substance testosterone in Testogel® can cause a positive result in doping tests.

If you stop using Testogel®

You should not stop using Testogel® unless told to do so by your doctor.

Warnings and precautions

Do not use Testogel® if you have or suspect that you have prostate or breast cancer. Tell your doctor if any of the following apply to you, as using Testogel® may worsen these conditions: enlarged prostate gland, bone cancer, high blood pressure, severe heart, liver, or kidney disease, ischemic heart disease, past or current clotting disorders, epilepsy, migraines, or breathing difficulties during sleep.



