



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, and it has different functions at different stages of life. In an adult, 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.

Symptoms that may be due to testosterone deficiency

The first signs that your body is not producing enough testosterone include feeling tired, lacking initiative, experiencing fewer spontaneous morning erections and a reduction in sex drive.

Treating testosterone deficiency with Testogel®

Testogel® is a prescription-only medicine that consists of a colourless testosterone gel, in a pump bottle or a sachet, that helps you to restore your testosterone to normal levels. When using Testogel®, the concentration of testosterone increases during the first hour. After just the second day, the testosterone in your blood displays the same diurnal variation as your body's own testosterone.



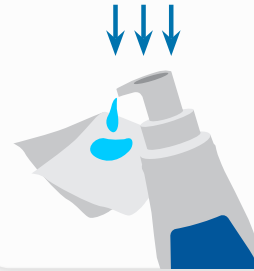
For those who have received Testogel® in a pump bottle

Testogel® in a pump bottle is an odourless and colourless gel supplied in a practical 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:

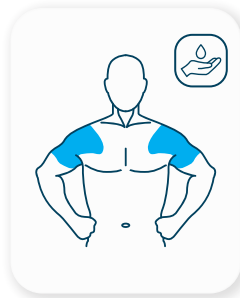
- » Remove the cap from the container, exposing the plunger.
- » Depress the plunger three times over a napkin.
- » Do not use the gel from these three pump depressions. This dose should be discarded safely.
- » The pump is now ready for use.



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

- » 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 massage the gel into the skin.
- » Allow the gel to dry for at least 3–5 minutes before putting on clothes.
- » Wash your hands with soap and water after applying the gel.
- » The gel must not be used on the genitals (penis and testicles) as the high alcohol content may cause local irritation.



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 (mg)	
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 conveniently packaged in 5 g sachets of an odourless and colourless gel, each containing 50 mg of testosterone.

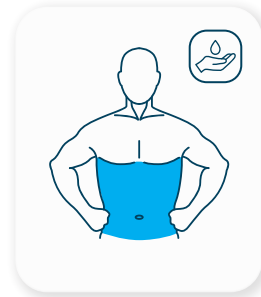
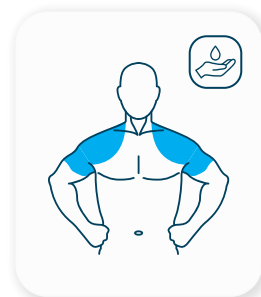


Dosage if you have sachets

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

- » The gel should be spread gently onto clean, dry, healthy skin in a thin layer on the shoulders, arms or stomach.
- » Once the sachet has been opened, remove the entire contents and immediately apply the gel to the whole of the selected skin area. Spread in a thin layer.
- » Allow the gel to dry for at least 3–5 minutes before putting on clothes.
- » Wash your hands with soap and water.
- » Testogel® must not be applied to the genitals (penis and testicles) as the high alcohol content may cause local irritation.



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.

Possible side effects

Like all medicines, Testogel® can cause side effects, although not everybody gets them. The most common side effects are changes to your mood and skin irritation. If you experience side effects, talk to your doctor, nurse or pharmacist. Always follow your doctor's instructions and **read the enclosed package leaflet carefully.**

Testogel® and other medicines

Tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. These include, in particular, blood thinners, insulin and corticosteroids. These medicines may mean that your dose of Testogel® needs to be adjusted.

If you have used more Testogel® than you should

Contact your doctor or pharmacist. Treatment for an overdose includes treatment discontinuation as well as symptomatic and supportive treatment.

If you forget to use Testogel®

Do not take a double dose to make up for a forgotten dose. Take the next dose as usual.

Warnings and precautions

Do not use Testogel® if you have or suspect that you have prostate or breast cancer.

Avoid transferring Testogel® to other people

To avoid transferring Testogel® to others:



Put on clothes that cover the application area after the gel has dried.



Take a shower before intimate skin contact. If this is not possible, wear clothing such as a shirt or a t-shirt that covers the application area during skin contact. Bathing or showering at least two hours after applying the gel should not significantly influence the effect of your treatment.



Wear clothing (such as a long-sleeved shirt) that covers the application area when you come into contact with children.

Storage

Neither Testogel® in a pump bottle nor Testogel® in a sachet require any special temperature or other storage conditions, but always keep the medicine out of the reach of children.



