

## Testosterone 1% w/v (10mg/mL) Cream

### Active Ingredient

Testosterone

### What is in this leaflet

This leaflet contains some information about your medication. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of you taking this medication against the positive benefits they expect it will have for you. **If you have any concerns about taking this medicine, please contact us again or speak with your doctor or pharmacist for more information.** Keep this leaflet with the medicine as you may need to read it again in the future.

### What it is used for

This medication contains the active ingredient testosterone. Testosterone is a hormone that is crucial for sexual arousal and response, libido, bone health, energy levels and well-being in men and women. Testosterone cream is used in patients with testosterone deficiency to restore testosterone level by penetrating the skin and delivering testosterone into the bloodstream.

### Before you take Testosterone

#### When you must NOT take it:

- If you are allergic to the active ingredient
- If the medication is expired or has not been stored correctly

#### Let us know if you are:

- Pregnant, planning on becoming pregnant, or breastfeeding
- Suffer from any other medical conditions or take any other medications

### How to use the cream

#### How much to apply

Please apply cream as directed by your doctor or pharmacist. Refer to CMI's for 'BHRT How to use EMP jar' or 'BHRT How to use MD pump' depending on the device you have received. One ML (Two pumps of 0.5g

per pump), One full syringe OR one level white spoonful) is equivalent to 1 gram of cream.

#### How to apply

Apply cream to clean and dry skin of the inner wrists, upper arms or inner thighs, rotating the site of application frequently. Choose thin skin down the front of the body as thicker skin may hinder absorption.

The skin area needs to be the size of a large dinner plate or an A4 piece of paper. Small area application will waste the cream and may not give an effective dose.

#### If you forget to take it

If it is almost time for your next dose, skip the dose you missed and take your next dose as normal. **Do not take two doses to make up for a dose you missed.**

#### If you take too much (overdose)

Immediately contact your doctor, the Poisons Information Centre (telephone 13 11 26) or go to the Accident and Emergency at the nearest hospital.

#### How to report side effects

If you experience any adverse experiences from this medication, you should report it via:

- Visiting [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems)
- Call Adverse Medicine Events Line on 1300 134 237

**If it is an EMERGENCY call the Poisons Information Centre on 13 11 26 or call 000.**

### Side effects

**Please let us or your doctor know as soon as possible if you do not feel well while taking this medication.**

Some side effects you may experience include:

- Skin irritation (temporarily)
- Acne
- Loss of head hair
- Headache
- Nausea, sickness
- Increased body hair
- Weight gain
- Swelling of the ankles
- Deepening of the voice

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For a full list of possible side effects please contact us.

Testosterone cream may affect your periods. Rarely-reported side effects of testosterone supplementation include

- Electrolyte imbalances in the blood
- Changes to the tissue of the breast and endometrium (uterus)

Tell your doctor if you observe any other side effects not listed above. Testosterone cream is less likely to cause side effects listed above however because it contains testosterone there is a potential for side effects.

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## Storage

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Products expire 6 months after preparation. Keep in the original packaging until you need to take your next dose.

Store your medication in a cool, dry place that is below 25°C and away from sunlight.



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