

TREATING HYPOGONADISM WITH TESTOGEL



SIMPLE AS 1, 2, 3...

1. WHAT IS TESTOGEL USED FOR?

TESTOGEL is used to replace the body's natural hormone testosterone when not enough is made by the body.¹

What is testosterone?

Testosterone is a hormone made in the body that is essential for developing and maintaining characteristics in men such as:²

- Sex drive and sexual function
- Muscle mass and strength
- Bone strength
- Mood and energy levels

What is hypogonadism?

It's normal for your body to make less testosterone as you age but when testosterone levels fall below the normal range, it can lead to certain symptoms. This condition is sometimes referred to as Testosterone Deficiency Syndrome (TDS) or hypogonadism. Hypogonadism can occur due to problems in the testes (primary hypogonadism), signalling problems between the brain and the testes (secondary hypogonadism), or a mix of both.²

What does hypogonadism look like?

Men with hypogonadism may have the following symptoms:^{2,3}

- Reduced sex drive
- Sexual dysfunction (problems with erection)
- Less muscle mass, weaker bones and increased body fat
- Depressed mood and low satisfaction with life
- Decreased energy, motivation, initiative and self-confidence

Who gets hypogonadism?

Hypogonadism occurs in 1 in 10 younger men and may increase with age to occur in almost 1 in 2 older men.⁴

Hypogonadism can occur more often in patients with:^{2,4}

- Type 2 diabetes or obesity
- Lung disease, such as chronic obstructive lung disease
- Poor health

How does TESTOGEL work?

Testogel is a testosterone-containing gel that is applied by the patient daily to the skin. The testosterone passes from the gel through the skin and into the bloodstream at a steady rate.¹

What can I expect from my treatment with TESTOGEL?

You can expect some symptoms to improve within the first month. Other symptoms may take longer to improve.⁵ Your doctor will monitor your progress to ensure you are receiving the right treatment and dose, so make sure you continue to visit your doctor regularly.¹

What does TESTOGEL look like?

Testogel is a clear, colourless gel presented in a 88ml metered dose pump bottle and 5g sachets (packs contain 10 or 30 sachets). Ask your doctor if you have any questions about why this medicine has been prescribed for you.

2. HOW TO USE TESTOGEL¹

Follow all directions given to you by your doctor or pharmacist carefully. They may differ from the information contained in this leaflet.

How much to use:

Your doctor or pharmacist will tell you exactly how much to use.

Pump bottle: The usual starting dose is 5 g of gel per day, equivalent to 4 pump actuations. You should not use more than 10 g of gel per day. Each actuation (pump) delivers 12.5 mg of testosterone in 1.25 g of gel.

For more information on how to use the pump bottle please see the back cover of this brochure

Sachets: The usual starting dose is one 5g sachet of gel per day. You should not use more than 10g of gel per day. Each sachet should not be opened until immediately before use.

What if I miss a TESTOGEL dose/application?

If you forget to apply a dose, apply it as soon as you remember. If you do not remember to apply the dose until the next dose is due, then just apply one dose. Do not apply a double dose to make up for a forgotten individual dose.

Using TESTOGEL with other medicines

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop.

How long to use TESTOGEL

Testogel helps control the symptoms of your condition, but does not cure it. Therefore you must use Testogel every day. When you have finished a pack, start the next pack on the following day. Never leave a break between packs. Continue using Testogel for as long as your doctor tells you to.

How to use it:



1. Apply¹

- Apply at the **same time every morning**
- Apply to:
 - Upper arms or
 - Shoulders or
 - Abdomen
- Do not apply to upper chest or genitals



2. Wash¹

- Wash hands with soap and water after applying gel
- Wash application areas before any direct skin contact with someone else



3. Cover¹

- Testogel dries within 3-5 minutes
- After it dries the area should be covered with clothing
- Others should avoid direct contact with unwashed or uncovered application sites
- If contact occurs, wash skin with soap and water as soon as possible

3. THINGS TO BE CAREFUL OF WHEN USING TESTOGEL¹

Testosterone may be transferred to another person during close and relatively prolonged skin contact with the gel application area. If contact occurs a number of times or for long periods of time this could cause the other person to show signs of increased testosterone such as more hair on the face and body and a deepened voice. In women, this may also cause changes in the menstrual cycle.

Unwanted transfer of testosterone to another person can be avoided by wearing clothes which cover the application area and/or by showering before contact.

You need to ensure that your partner is not put at risk of receiving testosterone by accident.

You should leave a gap of 6 hours between applying Testogel and having intimate physical contact. You should also wear

clothing such as a T-shirt to cover the gel application area and/or have a shower or bath beforehand.

You should also follow these precautions before coming into close contact with women and children.

If a woman or child does come into contact with Testogel, thoroughly wash the area of skin exposed to the gel with soap and water.

Where can I get more information about TESTOGEL?

For further information on TESTOGEL, including possible side effects and precautions, please read the TESTOGEL Consumer Medicine Information available from your pharmacist or www.besins-healthcare.com.au.

This leaflet does not replace the TESTOGEL Consumer Medicine Information nor the advice of your doctor. If you have any concerns about taking TESTOGEL, ask your doctor or pharmacist.

FOLLOW THESE STEPS WHEN USING THE TESTOGEL MULTI-DOSE PUMP BOTTLE

1. Before using the pump for the first time, prime the pump by pushing down on the pump 3 times.
2. Do not use any Testogel that came out while priming. Wash it down the sink or throw it in the bin to avoid accidental exposure to others.
3. Your Testogel pump bottle is now ready to use. Follow the 'apply, wash, cover' steps from the How to use section.

Amount of Testosterone	Number of pump actuations
50mg	4 (once daily)
75mg	6 (once daily)
100mg	8 (once daily)

References: 1. Testogel Consumer Medicine Information. 2. Dohle G et al. Guidelines on male hypogonadism. *European Association of Urology* 2014;1-28. 3. Bhasin S et al. *J Clin Endocrin Metab* 2010;95:2536-59. 4. Afiadata A, Ellsworth P. *Hosp Pract* 2014;42:69-82. 5. Saad F et al. *Eur J Endocrinol* 2011;165:675-85.

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Ask your pharmacist or visit www.besins-healthcare.com.au for latest Australian Consumer Medicine Information.

To report any information regarding adverse events or product complaints, please contact Besins Healthcare on 1800 BESINS [1800 237 467].

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