

Testosterone Product Information

The NHS Lothian Gender Service testosterone product of choice has been Testogel 50mg/5g sachets.

There is currently a manufacturing issue with Testogel 50mg/5g sachets and some pharmacies have been providing an alternative product which is Testogel 16.2mg/g gel.

These two products are administered differently and it is important that patients are aware of this so that they are receiving the correct dose of testosterone as prescribed for them by their GP and the Gender Service.

Administration Instructions:

Testogel 16.2mg/g gel



Picture courtesy of Besins Healthcare (UK) LTD, 2018

Administer the gel yourself, onto clean, dry, healthy skin over right and left upper arms and shoulders.

To obtain a full first dose, it is necessary to prime the canister pump. To do so, with the canister in the upright position, slowly and fully depress the pump three times. Safely discard the gel from the first three pumps. It is only necessary to prime the pump before the first dose.

After the priming procedure, fully depress the pump once for delivering 1.25g of Testogel 16.2mg/g into the palm of the hand and then apply to the upper arms and shoulders.

The gel should be simply spread on the skin gently as a thin layer. It is not necessary to rub it on the skin. Allow to dry for at least 3-5 minutes before dressing. Wash hands with soap and water after application, and cover the application site(s) with clothing after the gel has dried. Wash the application site thoroughly with soap and water prior to any situation where skin-to-skin contact of the application site with another person is anticipated.

If no precautions are taken, testosterone gel can be transferred to other persons by close skin to skin contact at any time after dosing, resulting in increased testosterone serum levels and possibly adverse effects. The potential risk of transfer is substantially reduced (but not eliminated) by wearing clothes (such as a sleeved shirt) covering the application area. The majority of residual testosterone is removed from the skin surface by washing with soap and water prior to contact.

Do not apply to the genital areas as the high alcohol content may cause local irritation.

One 'pump' of gel delivers 20.25mg testosterone. See table below for dosing instructions.

This means that if you are currently using 1 sachet of testogel per day (50mg), you should use 2 pumps to get a similar dose.

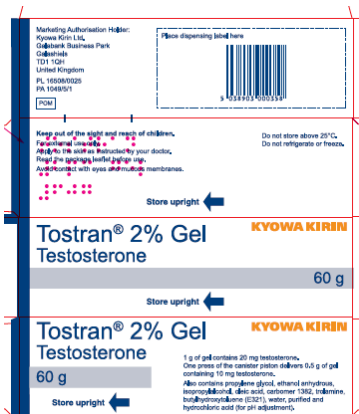
Dose prescribed	Number of 'pumps'	Amount of testosterone
25mg	1	20.25mg
50mg	2	40.5mg

Switching to Tostran 2% Gel

Due to the manufacturing issue with Testogel 50mg/5g sachets NHS Lothian Gender Service will be recommending **Tostran 2% testosterone gel** from now on. We have chosen this product as it is easier to switch patients already on Testogel 50mg/5g and provides equivalent doses if the instructions are followed.

If you are to be changed to this product your GP or the Gender Service will advise you of this.

Administration Instructions:



Tostran 2% testosterone gel

Picture courtesy of Kyowa Kirin LTD, 2018

Each full depression of the pump delivers one half gram of gel (10 mg testosterone). To obtain a full first dose, it is necessary to prime the pump. To do so, with the canister in the upright position, slowly and fully depress the pump 8 times to ensure that the pump is fully primed. The first few depressions may result in no discharge of

gel. Discard the gel dispensed during priming (i.e., from the first eight depressions). It is only necessary to prime the pump before the first dose. The canister should be stored in an upright position between use.

The dose can be applied to the abdomen (entire dose over an area of at least 10 by 30 cm), or to **both** inner thighs (one half of the dose over an area of at least 10 by 15 cm for each inner thigh). Daily rotation between the abdomen and inner thighs is recommended to minimise application site reactions.

The gel should be applied to clean, dry, intact skin. It should be rubbed in gently with one finger until dry, then the application site should be covered, preferably with loose clothing. Hands should then be washed with soap and water.

If you are currently using 1 sachet of testogel per day (50mg), you should change to 4 depressions of the pump, giving 2g of gel containing 40mg of testosterone. This is

a standard dose of testosterone and takes account of differences in the absorption of the products. Doses will be adjusted, if needed, based on your blood results at clinic as usual.

Dose of Testogel prescribed	No of Depressions	Amount of Testosterone Applied to the Skin (mg)
20 mg	2	20
50 mg	4	40

If you are unsure about the testosterone product you are taking, please contact either your GP or the Gender Service for advice (contact details below).

NHS Lothian Gender Identity Clinic, Chalmers Centre, 2A Chalmers Street,
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Tel: (0131) 536 1570

References

Electronic Medicines Compendium (2018). Tostran 2% Gel. Available at:
<https://www.medicines.org.uk/emc/product/332#companyDetails> [Accessed 23/02/18]

Electronic Medicines Compendium (2018). Testogel 16.2mg/g. Available at:
<https://www.medicines.org.uk/emc/product/8919> [Accessed 23/02/18]

British National Formulary (2018). Testosterone. Available at:
https://www.medicinescomplete.com/mc/bnf/current/PHP100921-testosterone.htm?q=testosterone&t=search&ss=text&tot=31&p=2#_hit [Accessed 05/03/18]

This leaflet is available in alternative formats (e.g. Braille, large print) and languages from NHS Lothian. Please contact NHS Lothian Gender Identity Clinic using the details above if this is required.