

Testosterone Replacement Therapy (Men)

WARWIKI

Patient Information · Treatment for confirmed low testosterone with symptoms

Testosterone replacement therapy (TRT) treats men who have **both** a confirmed low testosterone level **and** symptoms of it — such as low sex drive, fatigue, low mood, or reduced muscle and erections. It restores testosterone to a normal range using a gel, injection, patch, or implanted pellets. It is **not** an “anti-aging” treatment and is not for normal levels.

How It Works & Who It’s For

Low testosterone (hypogonadism) is diagnosed with **two morning blood tests** plus symptoms — one low number alone isn’t enough. When both are present, replacing testosterone can improve energy, libido, mood, and muscle over weeks to months.

The Forms

- **Gel or solution** — applied daily (must avoid skin-to-skin transfer to women and children).
- **Injections** — every 1–2 weeks, or a long-acting form every ~10 weeks.
- **Patches, implanted pellets** (every 3–6 months), or a nasal gel.

LEARN THE TERMS

Testosterone

The main male hormone; affects libido, energy, mood, and muscle.

Hypogonadism

Confirmed low testosterone.

Hematocrit

A blood count that TRT can raise — it is monitored.

PSA

A prostate blood test checked before and during treatment.

Fertility

TRT lowers sperm production — important if you want children.

Gel transfer

Gel rubbing off onto others — cover the area and wash hands.

PLANNING TO HAVE CHILDREN? Tell your team first. TRT **lowers sperm production and can cause infertility** — sometimes lasting. If fertility matters to you, there are other treatments that raise testosterone while protecting sperm. Don't start TRT without discussing this.

Monitoring (Important)

TRT requires regular check-ups and blood tests:

- **Testosterone level** — to confirm you're in range.
- **Hematocrit** — TRT can thicken the blood; if it gets too high, the dose is adjusted or paused.
- **PSA / prostate** — checked before and during; TRT is not started with untreated prostate cancer.

Using It Safely

- **Gel:** apply as directed, let it dry, cover the area, and wash hands — avoid transfer to women/children.
- Don't change your own dose; keep all lab appointments.
- Tell your team about heart disease or **sleep apnea** (TRT can worsen it).

Common Effects

- Acne, oily skin, fluid retention
- Breast tenderness; smaller testicles; reduced fertility
- Higher red-blood-cell count (may need monitoring or a blood draw)

Call your team or seek care for:

- **Chest pain, leg swelling/pain, or trouble breathing**
- Severe headaches, vision changes, or very flushed/"thick-blood" symptoms
- New urinary trouble or prostate concerns

THREE THINGS TO REMEMBER

1. TRT is for men with **confirmed low testosterone plus symptoms** — not for normal levels or anti-aging.
2. It **reduces fertility** — tell your team before starting if you may want children.
3. It needs ongoing monitoring (testosterone, blood count, prostate). With gels, avoid transfer to others.