

## Family Tree Clinic's Testosterone Medications/Labs Guidelines

Medication	Starting Dose	Typical Dose	Max dose
<p><b>Testosterone Cypionate</b> (cottonseed oil suspension)</p> <p>(brand name Depo-Testosterone)</p> <p>200mg/mL vial</p> <p>100mg/mL vial (not commonly used)</p>	<p><b>40mg IM or SQ every week</b></p> <p style="text-align: center;">OR</p> <p>80mg IM or SQ every OTHER week</p>	<p><b>60mg IM or SQ every week</b></p> <p style="text-align: center;">OR</p> <p>120mg IM or SQ every OTHER week</p>	<p><b>100mg IM or SQ every week</b></p> <p style="text-align: center;">OR</p> <p>200mg IM or SQ every OTHER week (consult with care team if considering higher dose)</p>
<p><b>Testosterone Enanthate</b> (sesame oil suspension)</p> <p>(brand name Delatestryl)</p> <p>200mg/mL vial</p> <p><b>NOTE: Xyosted</b> -- a pre-filled injector for SQ dosing that comes in 50mg, 75mg, and 100mg doses</p>	<p><b>40mg IM or SQ every week</b></p> <p style="text-align: center;">OR</p> <p>80mg IM or SQ every OTHER week</p>	<p><b>60mg IM or SQ every week</b></p> <p style="text-align: center;">OR</p> <p>120mg IM or SQ every OTHER week</p>	<p><b>100mg IM or SQ every week</b></p> <p style="text-align: center;">OR</p> <p>200mg IM or SQ every OTHER week (consult with care team if considering higher dose)</p>
<p><b>Testosterone 1% Gel</b> comes in packets</p> <p>(brand name Androgel) 1% concentration</p> <p>1 box = 30 packets</p>	<p><b>1 packet per day</b> (25 mg per 2.5 grams of gel per day = 1 packet=25mg/day)</p> <p>Apply to upper arms or shoulders</p>	<p><b>1 packet per day</b> (50mg per 5 gm of gel per day=1 packet=50mg/day)</p> <p>Apply to upper arms or shoulders</p>	<p><b>100 mg per day</b> 10g gel</p>
<p><b>Testosterone 1.62% Gel (brand Androgel)</b> comes in packets or metered dose pump</p> <p>1 bottle = 75g = 60 pumps per bottle</p>	<p><b>1 (1.25 g) packet or pump per day =20.25mg</b></p>	<p><b>1 (2.5 g) packet or 2 pump per day =40.5mg</b></p>	<p><b>5 (1.25mg) pumps per day= 101.25 mg</b></p>
<p><b>Compounded Testosterone</b> Testosterone propionate bulk powder</p>	<p><b>10mg transdermal daily</b></p> <p>Compound to 10mg/1g lotion or cream</p>	<p><b>40-80mg transdermal daily</b></p> <p>Compound to desired daily dose/1g lotion or cream</p>	<p><b>100-120mg transdermal daily</b></p> <p>Compound to desired daily dose/1g lotion or cream</p>
<p><b>Testosterone Undecanoate oral (Jatenzo)</b> Typically cost prohibitive</p>	<p><b>237mg PO BID</b></p>	<p><b>158-237mg BID</b></p>	<p><b>396mg BID</b></p>

**NOTE:**

**Testosterone Undecanoate (Brand name AVEED) Q 3 mos injection, pellets (testopel) available at park nicollet gender clinic**

## Testosterone baseline/follow up labs:

Time Period	Labs needed	Optional
Baseline	<ul style="list-style-type: none"> <li>• <b><u>CBC</u></b></li> <li>• <b><u>Lipid Panel w/Reflex to Direct LDL</u></b></li> </ul>	<p><b><u>STI screen</u></b> (per risk factors and CDC guidelines)</p> <p><b><u>TSH</u></b> per risk factors; s/s; and preventive health guidelines</p> <p><b><u>Fasting Glucose or A1C</u></b> per risk factors and preventive health guidelines</p> <p><b><u>Pap</u></b> per preventive health and ASCCP guidelines if due</p>
3 months after medication start	<ul style="list-style-type: none"> <li>• <b><u>Hgb</u></b></li> <li>• <b><u>Testosterone, Total</u></b> (consider at 3 month visit if on dose greater than 60mg weekly injections or if not increasing dose at 3 month visit)</li> </ul>	<b><u>STI screen</u></b> (as needed)
6 months after medication start	<ul style="list-style-type: none"> <li>• <b><u>Hgb</u></b></li> <li>• <b><u>Testosterone</u></b> check at 6 mos; and Q 3 mos until achieved adequate level and verified not supra- or sub-therapeutic or if no response at expected time intervals</li> </ul>	<b><u>STI screen</u></b> (as needed)
9 months after medication start	<ul style="list-style-type: none"> <li>• <b><u>Hgb</u></b></li> <li>• <b><u>Testosterone</u></b> check at 6 mos; and Q 3 mos until achieved adequate level and verified not supra-therapeutic or if no response at expected time intervals</li> </ul>	<b><u>STI screen</u></b> (as needed)
12 months after medication start  AND  Every 6-12 months after maintenance dose achieved	<ul style="list-style-type: none"> <li>• <b><u>Hgb</u></b></li> <li>• <b><u>Testosterone, Total</u></b></li> <li>• <b><u>Lipid Panel</u></b></li> </ul>	<b><u>SAME AS BASELINE LABS</u></b> (see above)

NOTE: For ordering of serum testosterone:

- order **total testosterone**
- mid-injection cycle or trough level are ideal times for drawing level
- consider 3 months after a dose change; no response at expected time intervals; or at doses 60mg every week or higher. Once on maintenance dose, consider checking once per year.
- consider **testosterone panel** if response not as expected on typical doses or with adequate total testosterone levels. Testosterone panel = SHBG; Albumin; Free testosterone, Bioavailable testosterone; and Total testosterone