

Testosterone Injections

Testosterone is a hormone made by the body. It helps the male sex organs grow and function, and it promotes typical male traits. When the body does not make enough of this hormone, injections can provide a synthetic version.

This medicine is used:

- To treat symptoms of low testosterone in men that are caused by medical conditions, not by aging
- To treat male children with delayed puberty
- For hormone therapy in transgender males
- For women with a certain type of breast cancer, to stop the release of the hormone estrogen

This medicine comes in liquid and pellet form. There are several kinds:

- Testosterone cypionate has the brand name Depo[®]-Testosterone.
- Testosterone enanthate has the brand name Xyosted[®].
- Testosterone undecanoate has the brand name Aveed[®].
- The testosterone pellet has the brand name Testopel[®].

Your care team can tell you which form you are taking.



Warnings and Precautions

- **Breathing risk:** Testosterone undecanoate injection, brand name Aveed®, may cause serious breathing problems and allergic reactions during or right after the injection. The injection should be given in a healthcare setting where these problems can be treated. You will need to stay for at least 30 minutes after your injection to be watched for signs of a reaction.
- **Blood pressure risk:** This medicine may raise your blood pressure, which can raise your risk of heart attack or stroke. Tell your care team if you have or have ever had high blood pressure, heart disease, a heart attack, or a stroke. Tell them if you take medicine for blood pressure, pain, or cold symptoms.
- **Cancer:** Tell your care team if you have or have ever had prostate cancer or breast cancer.
- **Other health issues:** Tell your care team if you have heart, liver, or kidney problems.
- **Other medicines:** Tell your care team about all medicines you take. Include prescription and over-the-counter medicines and herbal supplements.
- **Pregnancy and breastfeeding:** Tell your care team if you are pregnant, planning to become pregnant, or breastfeeding.

How to Take It

Always follow your care team's instructions on how to take your medicine. Ask them to explain anything you do not understand.

Here are some tips on how to take it:

- This medicine comes as a liquid to be injected into a muscle or as a pellet to be injected under the skin. Most forms are given by a care team member. Do not skip appointments for shots, or you may have side effects.
- Testosterone enanthate, brand name Xyosted®, is a shot you can give yourself once a week at home. Your care team will teach you or a caregiver how to do it. Always look at your shot before you inject it. It should be clear to light yellow in color. Do not use it if it is cloudy, has anything floating in it, or if the expiration date on the package has passed. Throw away used needles in a sharps disposal box. Do not reuse needles.

- Do not stop suddenly. Skipping shots or stopping can cause side effects.

Common Side Effects

- Pain or redness at the shot site
- Acne or oily skin
- Increased hair growth
- Mood changes
- Weight gain

Serious Side Effects

If you have severe symptoms, get help right away. Serious side effects from this medicine may include:

- Trouble breathing after your shot
- Chest tightness
- Feeling faint
- Swelling in the ankles or legs
- Lumps or swelling in the breast area
- Yellow skin or eyes
- Long-lasting or painful erections
- Mood changes, such as feeling very sad, anxious, or thinking about harming yourself

Rarely, you may have a dangerous allergic reaction. Signs include trouble breathing, a tight throat, stomach pain, a sudden full-body rash, or swelling of the face, lips, tongue, or throat.

Suicide and Crisis Line



This medicine has a possible side effect of mood changes, including thoughts of harming yourself. If, at any time, you have thoughts of self-harm or suicide, please talk to someone right away.

The 988 Suicide & Crisis Lifeline offers free, 24/7 call and text access to trained crisis counselors who can help anyone in emotional distress. Just call or text 988.

Storage and Disposal

- **Storage:** Lock this medicine up or store it where children and pets cannot reach it and other people cannot find it. This medicine is a controlled substance. Store all forms of this medicine at room temperature, away from heat and moisture. Do not refrigerate or freeze.
- **Disposal:** You should take all the medicine as your care team instructs. If your prescription is changed, do not flush unused medicine down the toilet. Dispose of medicines in a way that prevents pets, children, and others from consuming them. It is best to use a medicine take-back program. Ask your pharmacy about programs in your community.

If You Forget a Dose

- **If you miss an injection appointment:** Call your care team and ask what to do.
- **If you miss an injection you give yourself:** Take it when you remember unless it is close to the next dose. Skip the missed dose if it is almost time for the next one. Do not take 2 doses at once.

If You or Someone Else Takes Too Much

- If you or someone else takes too much of this medicine, call Poison Control at 1-800-222-1222. Be ready to tell or show what was taken, how much, and when it happened.
- If the person has trouble breathing, has a seizure, or cannot wake up, call 911 or go to the Emergency Room right away.

When to Contact Your Care Team

Call your care team if you have:

- Pain, swelling, warmth, or redness in your lower leg
- Swelling in your hands, feet, ankles, or lower legs that is new or getting worse
- Nausea or vomiting that will not stop
- Yellowing of your skin or eyes
- Pain in the upper right part of your stomach
- Mood changes, such as feeling very sad, anxious, or thinking about harming yourself
- Trouble urinating, weak urine flow, or blood in your urine
- Erections that happen too often or last more than 4 hours
- Headache, blurred vision, or confusion
- Fever of 103°F or 39.4°C or higher for adults that lasts more than 72 hours and does not go away with medicine
- Lumps or swelling in the breast area
- Any questions or concerns about your symptoms or the injection site

When to Call 911 or Go to the Emergency Room

Get help right away if you have:

- Severe chest pain, pressure, or pain spreading to your jaw, shoulder, or back
- Trouble breathing, shortness of breath, or tightness in your throat or chest
- Swelling of your face, lips, tongue, or throat, hives, or severe trouble swallowing
- Sudden weakness, numbness, or trouble moving your arms, legs, or face
- Sudden, severe headache, confusion, or vision changes
- Fainting, dizziness, or feeling like you might pass out
- Coughing up blood or a sudden cough with chest pain and rapid breathing

If you are unsure if your symptoms are serious, it is always safest to get help right away.



Thank You for Choosing Us

Thank you for trusting us with your care. We are here to support you and want you to feel your best. Contact us with any questions.

IF YOU HAVE A MEDICAL EMERGENCY, CALL 911 OR GO TO THE EMERGENCY ROOM.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.

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