



Patient name: _____ Date of birth: _____

TESTOSTERONE THERAPY

Patient Agreement and Informed Consent · Self-Pay Program

This agreement explains how testosterone replacement therapy (TRT) works at Athena Family Medicine, its possible benefits and risks, and what is expected of you and of your doctor. Please read it carefully and ask Dr. Vo any questions before signing.

1. WHO QUALIFIES

Testosterone is prescribed only to treat testosterone deficiency (hypogonadism) diagnosed by Dr. Vo, based on your symptoms, a physical exam and blood tests, usually including two morning testosterone levels. It is not prescribed for bodybuilding, athletic performance or anti-aging purposes.

Before starting, you will need a complete physical exam, an EKG, and blood work, which may include testosterone levels, a blood count (hematocrit), PSA and other tests.

2. MEDICATION

Medication	Diagnosis
Testosterone cypionate 200 mg/mL, by injection	Testosterone deficiency (hypogonadism)

Your dose, how often you receive injections, and how long treatment continues will be determined by Dr. Vo and adjusted based on your symptoms and lab results.

3. PROGRAM FEES (SELF-PAY)

Service	Fee	When it is paid
Initial visit, and follow-up visit with Dr. Vo every 3 months	\$165 per visit	Before the appointment is scheduled
Injection visit with our clinical staff	\$20 per injection	At the time of the injection

- Visit fees can be paid online through our website (athenafamilymedicine.com) or by calling our office. Your 3-month visit is scheduled once payment is received.
- **Not included:** lab tests, which are billed by the outside lab facility, and the medication, which you purchase from your pharmacy.
- **Cancellations:** if you cancel at least 24 hours before your appointment, your prepaid visit fee will be refunded, minus the card processing fees charged by Square. **With less than 24 hours' notice, or if you miss the appointment, the full \$165 fee is not refunded.**
- This is a self-pay program, and Athena Family Medicine does not bill insurance for these services. Fees may change with 30 days' notice.

4. HOW THE PROGRAM WORKS

- Dr. Vo will send your prescription to your local pharmacy, and you will pay the pharmacy directly.
- You will bring your testosterone to our office in its original pharmacy-labeled package. It will be stored in a locked cabinet, labeled with your name, and used only for your injections.
- **All injections are given in our office by Athena Family Medicine clinical staff.**
- You will see Dr. Vo in person every 3 months for an evaluation. Lab work (including your testosterone level and blood count) is done **before** each 3-month visit, so Dr. Vo can review your results at your appointment.
- Refills are given only at your 3-month visit with Dr. Vo.
- If your therapy ends, any of your medication still stored at our office will be returned to you or disposed of as required by law.

5. POSSIBLE BENEFITS

For men with testosterone deficiency, treatment may improve symptoms such as low energy, low sex drive, mood and muscle strength. Results vary from person to person and are not guaranteed.

6. POSSIBLE RISKS AND SIDE EFFECTS

- Increased red blood cell count (hematocrit), which can raise the risk of blood clots

- Reduced sperm production and fertility, which may last after treatment stops. **Tell Dr. Vo if you plan to have children.**
- Your body's own testosterone production decreasing while on therapy; testicle shrinkage
- Acne or oily skin; fluid retention or swelling; breast tenderness or enlargement
- Worsening of sleep apnea
- Prostate enlargement, urinary symptoms or a rise in PSA. Testosterone may cause an existing prostate cancer to grow.
- Increased blood pressure and changes in cholesterol. Research on heart attack and stroke risk has had mixed results, and Dr. Vo will discuss your individual risk.
- Mood changes or irritability
- Pain, bruising or, rarely, infection at the injection site
- Testosterone is a controlled substance with potential for misuse and dependence. Stopping suddenly may cause fatigue or low mood.

Alternatives include lifestyle changes (weight loss, exercise and better sleep), treating other conditions that can lower testosterone, other medications, or no treatment.

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7. MY RESPONSIBILITIES

- I will take testosterone only as prescribed by Dr. Vo. I will not use testosterone, anabolic steroids or other hormone products from any other source, including online sellers or gyms.
- I will tell Dr. Vo about all medications and supplements I take, and if any other doctor prescribes me a controlled substance.
- I understand that controlled substance prescriptions are tracked by the Texas Prescription Monitoring Program.
- I will pay my visit fee before each 3-month visit, complete my lab work before the visit and keep my appointments. If I miss a 3-month visit, I will schedule a follow-up as soon as possible, because staying current with visits and labs is required to continue in the program.
- I will report side effects promptly. For chest pain, trouble breathing, sudden leg pain or swelling, or symptoms of a stroke, I will call 911.

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8. STOPPING OR ENDING TREATMENT

- I may stop treatment at any time. I will tell Dr. Vo so it can be done safely.
- Dr. Vo may change, pause or stop my treatment if I develop side effects, if my lab results show a safety concern, if I do not follow this agreement, or if there is evidence of misuse.
- Ending testosterone therapy does not end my care at Athena Family Medicine. Dr. Vo will continue to provide my primary care.

9. MY DOCTOR'S RESPONSIBILITIES

Dr. Vo will evaluate whether testosterone therapy is appropriate for you, monitor your response and lab results regularly, explain any changes to your treatment, and answer your questions.

Acknowledgment and consent

I have read this agreement, or it has been read to me. Dr. Vo has explained the benefits, risks and alternatives of testosterone therapy, and my questions have been answered. I agree to the terms of this agreement and consent to testosterone therapy.

Patient name (printed) _____

Patient signature

Date

Kevin Vo, MD, signature

Date