ATHENA FAMILY MEDICINE
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Board Certified
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TESTOSTERONE CYPIONATE INJECTION

Patient Information Handout · Athena Testosterone Therapy Program

WHAT IT IS

Testosterone cypionate is an injectable form of testosterone, the main male hormone. It is used to replace testosterone in men whose bodies do not make enough. It is a **controlled substance (Schedule III)**. Brand name: Depo-Testosterone®; it is also available as a generic.

Brand name	FDA-approved for
Depo-Testosterone / generic testosterone cypionate	Testosterone replacement in adult men with low testosterone (hypogonadism) caused by a problem with the testicles or with the pituitary gland or brain. Not approved for low testosterone due to aging alone, or for bodybuilding or athletic performance.

Who may qualify

- Adult men with **symptoms** of low testosterone, such as low energy, low sex drive or erectile problems, loss of muscle, or low mood
- **Two low morning testosterone levels** on separate days
- A full evaluation with Dr. Vo: exam, EKG and labs, including blood count (hematocrit) and PSA
- Willing to get labs before each visit and keep 3-month visits with Dr. Vo

Who does not qualify

- Normal testosterone levels
- Wanting testosterone for bodybuilding, athletic performance or anti-aging
- Women
- Men who want to father a child soon (testosterone lowers sperm count)
- Any of the conditions in the box below

Do NOT use this medicine if you have or are

- **Prostate cancer**, known or suspected
- **Breast cancer** (in men)
- A past allergic reaction to testosterone or any ingredient in the injection (including cottonseed oil or benzyl benzoate)
- Not for use in women, especially during pregnancy or breastfeeding

Tell Dr. Vo before starting if you have or are

- An enlarged prostate or trouble urinating
- A high red blood cell count (hematocrit), or a history of **blood clots** in the legs or lungs
- Heart disease, heart failure, high blood pressure, or swelling of the legs
- Sleep apnea or heavy snoring
- Liver or kidney disease
- Diabetes: your blood sugar medicine may need to change
- Taking a blood thinner such as warfarin
- Planning to have children
- Ever used anabolic steroids or testosterone from another source

Common side effects

- Acne or oily skin
- Pain, redness or bruising at the injection site
- Higher red blood cell count (checked with labs)
- Fluid retention or swelling
- Breast tenderness or enlargement
- Smaller testicles and lower sperm count
- Mood changes or irritability
- Rise in PSA (checked with labs)
- Higher blood pressure

How it is taken

- Injection into a muscle, usually every 1 to 2 weeks, on the schedule Dr. Vo sets
- Injections are given **in our office**. Home self-injection is allowed only if approved by Dr. Vo.
- **Labs about 2 weeks before each 3-month visit** (testosterone level, blood count and PSA)
- Prescriptions are sent only at your visits with Dr. Vo, enough for 3 months. **No refills between visits.**
- **Controlled substance:** keep it secure, never share it, and do not use testosterone or steroids from any other source. Prescriptions are tracked by the Texas Prescription Monitoring Program.

GO TO THE EMERGENCY ROOM OR CALL 911 if you have:

- **Chest pain**, trouble breathing, or a very fast heartbeat
- **Pain, warmth or swelling in one leg**, or sudden shortness of breath (possible blood clot)
- **Signs of a stroke:** sudden weakness or numbness of the face, arm or leg, trouble speaking, or confusion
- **Unable to urinate**
- **An erection lasting more than 4 hours**
- **Signs of a serious allergic reaction:** swelling of the face, lips, tongue or throat, trouble breathing, or severe rash
- **Thoughts of hurting yourself:** call or text **988** (Suicide & Crisis Lifeline) or call 911

Call our office (469-931-2602) for redness, warmth, pus or fever at the injection site; new swelling of your ankles or rapid weight gain; trouble urinating or a weak stream; breast lumps; yellowing of the skin or eyes; or mood changes that worry you.

This handout is general information and does not replace advice from Dr. Vo. It does not list every possible side effect. Read the Medication Guide or patient information that comes with your prescription. Athena Family Medicine is independent of all pharmacies.