

## **Hypogonadism**

Obtain **fasting and early a.m.** Testosterone Panel

**If low**, screen patient for sleeping disorder/sleep apnea and refer for treatment if you suspect patient needs treatment. Chronic lack of refreshing/restorative sleep will result in low testosterone until treated.

**If low**, obtain fasting prolactin, fsh/lh, cbc, psa, comprehensive chemistry

If prolactin normal, fsh/lh appropriate, no sleep disorder, consider treatment of low testosterone to bring level into normal range

**Treatment**-testosterone is contraindicated for men with history of or active prostate cancer

**Follow Up**- patient should have yearly PSA, digital rectal exam, cbc and liver function tests. Consult to urology should be considered if PSA rises by 1.4ng/ml , Testosterone should be held if HCT is >54% testosterone should be discontinued , should not be used in patients with untreated sleep apnea

**GEL- AndroGel®\***- Start with 5 Gram packet applied to upper arm/deltoid region or upper chest in the morning after bathing/showering/work out. Recheck testosterone panel after 1-2 weeks. Recheck in a.m. after applying testosterone that morning. Adjust dose as necessary to keep testosterone in mid normal range. AndroGel® pump can be used and generates 1.25 Grams per iteration (4 iterations for the average 5 Gram dose). Maximum dose is 10 Grams per day. Wash hands thoroughly after applying and avoid skin to skin contact with other individuals for next several hours.

**Patch- Androderm®\***-apply to upper chest, upper arm once per day. Dose range is 2.5 mg patch to 7.5 mg patch. Recheck testosterone panel after 2 weeks and adjust dose as necessary to keep testosterone in mid normal range. Recheck in a.m. after applying testosterone that morning. May not stick well to individuals with a great deal of body hair or in individuals who perspire in their day to day activities.

**IM- testosterone enanthate\***- dose range is 75mg to 100mg IM once per week or 150mg to 200mg IM once every two weeks. Has peak and trough due to IM injection. Should be given in gluteus maximus. Measure testosterone level mid way between injections.

**Buccal-Striant®\***-30mg applied to buccal area above incisor tooth twice per day. Apply flat side of system to gum. Rotate to alternate sides of mouth with each application. Hold buccal system firmly in place for 30 seconds to ensure adhesion. The buccal system should adhere to gum for 12 hours. If the buccal system falls out, replace with a new system. If the system falls out within 4 hours of next dose, the new buccal system should remain in place until the time of the following scheduled dose. System will soften and mold to shape of gum as it absorbs moisture from mouth. Do not chew or swallow the buccal system. The buccal system will not dissolve; gently remove by sliding downwards from gum; avoid scratching gum. Recheck testosterone in a.m. after applying testosterone that morning.

\* For all medications, please consult Up-To-Date, a PDR, or other comprehensive drug reference for interactions and full list of indications and contraindications. Check hospital formulary status and use formulary drugs whenever possible and as indicated.