

## The Doctor Discussion Aid

Your doctor visit often goes by faster than you expect and you may forget to ask certain questions that you had planned to ask. To help you start a conversation with your doctor, here are some suggested questions that you can bring with you on your next visit:

1. Are my symptoms related to low testosterone?
2. What is a low testosterone level?
3. How do you determine whether my testosterone levels are low?
4. What treatment options are available for low testosterone?
5. How are these treatment options different from each other?
6. Is Testim right for me?
7. Will my healthcare plan cover Testim?
8. Can I take Testim at the same time as other medications?
9. For how long will I need to take Testim?
10. What are the potential side effects of Testim?

**Indication:** Testim 1% (testosterone gel) is a prescription medicine that contains testosterone. Testim is used to treat adult males who have low or no testosterone.

### Important Safety Information

**What is the most important information I should know about Testim?**

Signs of puberty that are not expected (for example, pubic hair) have happened in young children who were accidentally exposed to testosterone through contact with men using Testim.

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**Testim can transfer from your body to others. This can happen if other people come into contact with the area where the Testim was applied to your skin.**

- **Women and children should avoid contact with the unwashed or unclothed area where Testim has been applied**
- **To lower the risk of transfer of Testim from your body to others, you should:** wash your hands right away with soap and water after applying Testim and cover the application area with clothing after the gel has dried. If you expect to have skin-to-skin contact with another person, first wash the application area well with soap and water

**Stop using Testim and call your doctor right away if you see any signs and symptoms of puberty in a child, or changes in body hair or increased acne in a woman, that may have occurred through accidental exposure to Testim.**

Do not use Testim if you: have breast cancer; have or might have prostate cancer; are allergic to testosterone or any of the ingredients in Testim, including soy.

Testim is not meant for use in women. If you are pregnant, may become pregnant, or are breast-feeding, Testim may harm your unborn or breast-feeding baby. Women who are pregnant or who may become pregnant should avoid contact with the area where Testim has been applied.

Other serious side effects include the following:

- If you already have enlargement of your prostate gland, your signs and symptoms can get worse while using Testim.
- Possible increased risk of prostate cancer
- In large doses, Testim may lower your sperm count
- Swelling of your ankles, feet, or body, with or without heart failure. This may cause serious problems for people who have heart, kidney, or liver disease
- Enlarged or painful breasts
- Having problems breathing while you sleep (sleep apnea)
- Blood clots in the legs. This can include pain, swelling, or redness of your legs

The most common side effects of Testim include: skin irritation where Testim is applied, increased red blood cell count, headache, and increased blood pressure.