

TYPES OF TESTOSTERONE

We have found that the different types of testosterone take turns going on short supply. We want to make our patients and families aware of the different forms of testosterone that have differing concentrations. Please see the types noted below and their concentrations. We have done an **example** for you of equivalent dosing and left a blank spot for you to note your dose.

NOTE: there are different ways to give testosterone (under the skin/SC, into the muscle IM) and different time intervals (weekly, every 2-4 weeks), but please follow your doctor's instructions. Please email your Endocrine or Gender team if you have any questions about your dose. Endocrine: BCCHEndocrineNurse@cw.bc.ca OR Gender: GenderClinicians@cw.bc.ca

1. **Testosterone enanthate (formerly Delatestryl®):** 200 mg/mL (1000 mg in 5-mL vial)

Example Dose: 50 mg (0.25 mL) SC every 1 week (*note half the volume of cypionate)

MY DOSE: _____mg (_____ mL) SC / IM every _____ week(s)



2. **Taro-Testosterone (formerly Depo®-Testosterone) / testosterone cypionate:** 100 mg/mL (1000 mg in 10-mL vial)

Example Dose: 50 mg (0.5 mL*) SC every 1 week

MY DOSE: _____mg (_____ mL) SC / IM every _____ week (s)



DRAWING UP YOUR TESTOSTERONE

Pay close attention to your needle size and the line you are drawing up to. We have provided examples of drawing up 0.25 mL and 0.5 mL using a 1-mL syringe and a 3-mL syringe.

It can be confusing with the decimals and fractions, so make sure you are taking the dose prescribed by your doctor.

