

## PATIENT INFORMATION

# Testogel

## Adjuvant therapy

### What is adjuvant therapy?

Adjuvant therapy, also known as 'add-ons', adjunct, complementary or alternative therapies, are recognised as an addition to standard assisted reproductive treatment and may be recommended to you with the intention to increase your success during your fertility treatment. There are numerous options available to you when accessing adjuvant therapies, including but not limited to the technology in laboratories, medical procedures, prescribed medications, nutritional supplements, and traditional medicines such as Chinese medicine, including acupuncture.

At present, the effectiveness of many adjuvant therapies is unknown, with little to no evidence that they will increase the success of your treatment or improve live birth rates. However, your health care provider may recommend adjuvant therapy when considering your medical history and tailoring your treatment plan.

It is important to consider the effectiveness, risks and financial costs of adjuvant therapies.

### What is Testogel and how it is normally used?

Testogel is used to replace the body's natural hormone testosterone when not enough is made by the body. Testosterone is a natural hormone, known as an androgen, which controls normal sexual development and function in men.

In women studies have been conducted to assess Testogel's use in post-menopausal women who are suffering from sexual arousal/desire disorders.

### Why is Testogel recommended, and will it increase the success of my treatment?

Your fertility specialist may recommend Testogel to you if you have a history of poor ovarian reserve and high baseline Follicle Stimulation Hormone (FSH). Testogel may improve ovarian response to IVF treatment and is used as oestrogen priming before starting an IVF cycle.

### What are the common side effects?

Some common side effects can include:

- Skin reactions- Irritation, redness, dry or stinging skin and/or hives
- Headaches
- Painful, tender or enlarged breasts
- Dizziness
- Pins and needles
- Mood changes
- Diarrhoea

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- Hair loss

*Regarding any additional side effects or contraindications for Testogel, please refer to the Consumer Medicine Information (CMI) sheet.*

Please notify your fertility specialist if you:

- Yellowing of the skin and eyes (jaundice)
- Painful swelling of one leg or sudden change in colour of the skin e.g. turning pale, red or blue, sudden breathlessness, sudden unexplained cough which may bring up blood, or sudden chest pain, severe light headedness or dizziness, severe pain in your stomach, sudden loss of vision which can all be signs of a blood clot.

#### **Are there risks to using Testogel during pregnancy?**

Testogel is a Category D drug, meaning Drugs which have caused, are suspected to have caused or may be expected to cause, an increased incidence of human fetal malformations or irreversible damage.

We do not prescribe Testogel in pregnancy therefore this risk does not apply. Testogel is used at No 1 Fertility as a priming medication used 2 weeks prior to the commencement of an IVF cycle.

#### **What are the costs?**

*Cost of Testogel:* The cost of Testogel will vary depending on the brand and pharmacy. Testogel 1% gel bottle could cost you around \$82.50.

*Is Testogel included in the cost of my cycle:* Testogel is an additional expense and is not included in the cost of your cycle.

*The information provided above is intended for educational purposes only and should not be used as a substitute or replacement for medical advice received from a medical professional. It is important to discuss your individual circumstances and situation with your treating doctor.*