



Testosterone Therapy for Women in Perimenopause & Menopause

Information on AndroFeme®, Testogel® Sachets & Gel Pump Pack

Testosterone therapy may help women experiencing perimenopausal and menopausal symptoms. While AndroFeme® is TGA-approved for women with low sexual desire, the use of Testogel® (sachets and gel pump pack) is 'off-label' for female patients. Always follow medical advice when using testosterone therapy and do not self-medicate. It is not an urgent problem if you miss days-weeks of testosterone as your body continues to produce this hormone throughout menopause. A 3-6 month trial is usually sufficient to determine if it is effective for you.

Recommended Dosage

The typical starting dose for women is 5mg of testosterone daily.

AndroFeme® 1% Cream (TGA-approved for women)

- Apply 0.5mL daily (measured using the supplied applicator) to clean, dry skin.

Testogel® 1% (Off-label for women)

- Testogel® Sachets (50mg per 5g sachets): Use one-tenth of a 50mg sachet (5mg) per day.
- Testogel® Gel Pump Pack (12.5mg per pump): Use one-third to one-half a pump (approx 5mg) per day.

Since Testogel® is not specifically formulated for women, careful dosing and monitoring are essential to prevent excessive testosterone levels.

Monitoring & Safety

- Blood tests are crucial to ensure safe and effective testosterone levels.
- Darker hairs can grow at the site of application.
- Your doctor will monitor your testosterone levels, symptom response, and overall health.
- Potential side effects from excess testosterone include acne, increased body hair, scalp hair thinning, or voice deepening.

Application Tips

- Apply to clean, dry skin (e.g., upper thigh or lower abdomen).
- Allow the gel/cream to fully dry before dressing. Avoid swimming or showering for at least 2 hours after application.
- Prevent skin contact with others (e.g., partners, children) until fully absorbed.

