

General advice on hormones

1. **Be informed** - understand how Testosterone works, the risks and do ask questions.
2. **Smoking status** - stop smoking or cut down.
3. **Deal with problems early on** - Most concerns or adverse reactions can be dealt with in a creative way without testosterone needing to be stopped.
4. **Don't change hormone medication on your own** - Before stopping testosterone medication, it is important to let us know. This is especially important if you have had a hysterectomy or an oophorectomy.
5. **Take a holistic approach** - Build a circle of care that includes healthcare professionals, friends, partners or people who care about you. Reach out to us if you need help with that.
6. **Mood changes** - Sometimes after starting new medication you can experience mood changes, or you might not feel how you thought you would. You can talk to us about this.
7. **Contact us** - Reach out if you have any questions at any point or want to discuss aspects of your personal, social, medical or legal transition.

What we monitor

Blood tests will be needed to check levels and effects of testosterone. Breast examinations, mammograms and cervical screening in the form of smear tests may still be recommended by your doctor in line with the national screening guidelines.

CONTACT US



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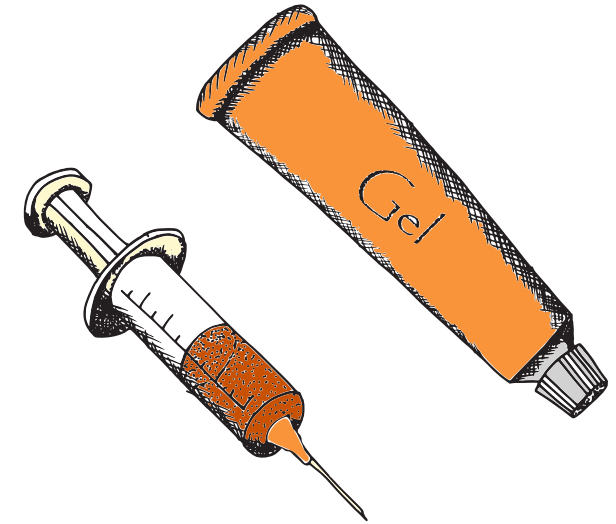


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TESTOSTERONE

Information Booklet

What is Testosterone?

Testosterone is a hormone medication which can help you to affirm your gender. Testosterone can help to masculinise (develop a more male body type) and reduce some more feminine aspects of your body.

How is it taken?

Testosterone can be taken in different ways:

1. An injection into a muscle (intramuscular injection)
2. A gel applied to the skin (transdermal application)

Testosterone is not available in this service as a tablet or implant

Starting testosterone

- If you start with testosterone injections, there may be a greater risk of adverse reactions
- Testosterone gel makes it easier to manage adverse reactions
- You receive the same amount of testosterone from gel as from injection
- We recommend starting on gel. However, you can start on injection if you like
- You can change between gel and injection on discussion with medical team

What testosterone will do to your body

*Changes vary from person to person.
This is a rough guide of possible changes*

Effect of Testosterone	Expected start of effect	Expected end of changes
Increased sex drive	1-3 months	
Vaginal dryness and thinning of vaginal walls	1-6 months	1-2 years
Oilier skin and acne	1-6 months	1-2 years
Increase in amount and thickness of hair on body	1-3 months	3-5 years
Increase in amount and thickness of facial hair	6-12 months	4 years
Clitoris growth (on average 1-3 cm)	3-6 months	1-2 years
Body fat moves generally from hips/thighs to tummy	3-6 months	2-5 years
Menstrual period bleeding stops	Up to 6 months	
More red blood cells are made	3-6 months	
Voice deepens	3-12 months	2 years
Increase in size and strength of muscles	6-12 months	2-5 years
Head hair loss	12 months	Variable

Menstruation (Periods/Cramps)

- Periods generally stop within the first 6 months on testosterone.
- If periods continue, then talk to a member of the gender team about your options.
- Progesterone contraceptives can be used to help suppress periods and is not contraindicated before or on testosterone.

Possible side effects

Sometimes use of testosterone: :

- May cause acne
- May cause mood changes
- May cause or worsen headaches or migraines

Other effects of testosterone: :

- May increase red blood cells and increase risk of clot, stroke, and heart attack
- It is not known if testosterone increases the risks of any cancers
- The long term effects of testosterone on fertility are not known

Risk

Use of testosterone should be used with caution if a person :

- Has angina or heart disease
- Has had a blood clot
- Has severe liver disease
- Has a high red blood cell count
- Has severe acne
- Has a history of migraine
- Has a history of depression or significant mental health history

A member of the team will advise and support you if you have any of the above conditions

Testosterone cannot be used by someone who is pregnant or planning on getting pregnant