



**MALE TESTOSTERONE INFORMED CONSENT**

1. As with just about any drug, the use of testosterone may result in side effects. Possible, but unlikely, side effects include the following:
  - Increased libido
  - Increased estrogen levels
  - High blood pressure
  - Swollen breasts (gynecomastia)
  - Decreased sperm count, including infertility
  - Liver toxicity (exceedingly rare)
  - **Increased hemoglobin and hematocrit (blood thickening)**
  - Increased acne
  - Decreased size of testicles
  - Prostate enlargement
  - Aggressive behavior
  - Increased sleep apnea
  - Change in hair distribution
  
2. The blood thickening issue (a condition known as SECONDARY POLYCYTHEMIA DUE TO TESTOSTERONE REPLACEMENT THERAPY) is uncommon, but it does occasionally happen. Blood thickness must be monitored closely, especially when the patient is first starting on testosterone. **It is recommended that the patient get a blood check 4 – 6 weeks after starting testosterone, and it is REQUIRED every six months unless otherwise specifically directed by Dr. McMinn. If properly monitored and managed, blood thickening is usually a benign condition. However, failure to monitor and manage may result in serious consequences, including stroke, heart attack and/or death.**
  
3. Be careful about “rub-off.” This happen when a patient applies a hormone cream and then others (the wife, kids, or pet) rub against the application site, causing a transfer of the cream to unintended and inappropriate recipients. This may cause unwanted testosterone effects in these recipients.
  
4. There has been a well-publicized study suggesting possible heart problems with testosterone. However, there are many other studies suggesting benefits to the heart from testosterone.
  
5. As the patient, I have read the above and I understand the risks of taking testosterone. All of my questions have been answered to my satisfaction.
  
6. I also understand the following:
  - a. I understand that I may refuse this therapy.
  - b. I should take only the dose prescribed. No more, no less.
  - c. Testosterone is a controlled substance, and I will not share the testosterone with anyone.
  - d. Testosterone should not be taken for the purpose of athletic performance enhancement.
  - e. I MUST participate in the required blood monitoring as ordered by Dr. McMinn.
  - f. **I understand that it is my responsibility to comply with the recommended blood monitoring as stated above.**

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Printed Name

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Signature

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Date

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James E. McMinn, M.D.

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Date