

Types of Testosterone Video Transcript

There are a few types of Testosterone prescribed in the UK to those folk looking to achieve some sort of body masculinisation to treat gender dysphoria. These include Injectables: Substanon and Nebido, and Gels: Tostran Gel and Testogel.

Testosterone Injections

Testosterone Injections are most commonly given in the form of Substanon injections, usually at a dose of 250mg every 2-4 weeks.

Once the injection is given the testosterone level in your blood will rise for about one week and then gradually fall until the next injection.

The aim of the treatment is to achieve testosterone levels in the high normal male range (less than 30nmol/L) one week after the injection, when the testosterone level is at its highest and to achieve testosterone levels in the low normal range (8-12nmol/L) on the day of and just before the next injection when the testosterone level is at its lowest.

Although Substanon injections are the most common form of testosterone that are used, testosterone can also be administered in other ways.

These include daily testosterone gels, and a long-acting injection called Nebido which is given about every twelve weeks.

Testosterone Gels

A peak and trough testosterone level are not measured with gels. Instead, a blood test is taken at a specified time after the gel is applied, (ideally 4-6 hours after) And the aim is to get the plasma testosterone level into the middle of the normal range (approximately 125-20nmol/L).

Tostran Gel comes in a 0mg/0.5ml 2% metered dose pump. 30-80mg is applied daily to the thighs and abdomen (alternating).

Testogel usually comes on 0mg/5g 1% sachets or a pump. 50-100mg is usually applied daily.

Target testosterone levels can be slightly different depending on what clinic you are at and your own personal health circumstances as well as your gender identity.

All our bodies are different and when on hormone replacement therapy (HRT) the dosage or levels that are best for one person might not be the best for you.

Your testosterone levels can fluctuate when working with your endocrinologist to get to the levels that work best for you.

Always work with a specialist and medical professional to monitor your bloods and look after yourself to make sure everything is done correctly and that you're on a dose that is safe for your body.

And remember it takes time to see changes. Be patient. Good luck!