

TRT Patient Manual

Testosterone Replacement Therapy
Complete Treatment Guide

Table of Contents



01

What is TRT?

Overview, Low T symptoms, AMS scale

02

Do You Qualify?

Lab requirements and eligibility thresholds

03

Injectable Testosterone

Testosterone Cypionate, dosing & injections

04

Testosterone Cream

Topical application, dosing & instructions

05

Enclomiphene

Natural production, fertility preservation

06

Anastrozole

Estrogen management on TRT

07

Labs & Monitoring

Required tests, schedule, and what we track

08

Appointments

Virtual visits, portal, how to get help

09

Billing & Shipping

Subscription, refunds, delivery timeline

10

Key Tips & Safety

Missed doses, side effects, emergency info

WHAT IS **TRT?**

01

Testosterone Replacement Therapy is a medical treatment for men diagnosed with low testosterone (Low T / hypogonadism). It involves restoring healthy testosterone levels through prescribed medication.

SYMPTOMS OF LOW TESTOSTERONE

Common Symptoms of Low T

Low sex drive and decreased libido

Fatigue, low energy, and lack of vitality

Loss of lean muscle mass and strength

Depressive mood, irritability, or mood swings

Poor sleep and increased need for rest

Reduced erectile function

Decreased beard growth and body hair

The AMS Scale (Aging Males' Symptoms)

Your intake form includes a validated 17-question assessment measuring symptoms of low testosterone. Each question is rated 1 (None) to 5 (Extremely Severe).

Under 26 No significant symptoms consistent with Low T

27-36 Mild symptoms

37-49 Moderate symptoms

50+ Severe symptoms

The AMS score is used alongside your lab values to determine treatment eligibility and starting dose.

DO YOU **QUALIFY?**

02

To be considered for TRT at PrescribedRX, you must complete required lab work and a clinician review. Eligibility is based on testosterone levels AND symptom severity.

ELIGIBILITY & DISQUALIFYING CONDITIONS

Disqualifying Conditions

History of prostate, breast, or testicular cancer

Elevated PSA beyond age-appropriate limits

Cardiovascular events within the past 6 months

Untreated or severe sleep apnea

Hematocrit over 50% on initial testing

History of blood clotting disorders (DVT/PE)

Liver disease or polycythemia

Men actively trying to conceive (discuss Enclomiphene)

Lab-Based Eligibility Thresholds

Total testosterone must be drawn between 7–10 AM. Results are valid if completed within the last 6 months with no changes in supplementation.

Under 250 ng/dL Eligible for treatment

250–350 ng/dL Eligible with AMS score ≥ 27

350–450 ng/dL Eligible with AMS ≥ 37 (off-label)

450–900 ng/dL Normal physiological range

Required Labs: Total Testosterone • Hemoglobin/Hematocrit • PSA • LH

TRT between 350–450 ng/dL is off-label. Your clinician will explain risks and benefits during consultation.

INJECTABLE TESTOSTERONE

03

Testosterone Cypionate: the most common and precise form of TRT. Administered subcutaneously (under the skin) at home with a small insulin-style needle.

DOSING & INJECTION

INSTRUCTIONS

Dosing

Starting Dose

75–100 mg/week

Starting Dose

Divided into 2 doses per week

Needle Size

25–30 gauge, ½ inch

Method

Subcutaneous (under skin)

Injection Sites

Abdomen (2"+ from navel),
Outer thigh, Upper buttock

Key Note

Levels rise after each injection
then gradually decline,
consistent dosing is essential

Step-by-Step Injection Guide

- 01 Wash hands thoroughly with soap and water before and after
- 02 Gather supplies: vial, syringe (25–30g ½" needle), alcohol swabs, sharps container
- 03 Wipe vial top with alcohol swab; draw prescribed dose, remove all air bubbles
- 04 Choose injection site: abdomen (2"+ from navel), outer thigh, or upper buttock
- 05 Rotate injection sites each time to prevent tissue damage or buildup
- 06 Pinch skin, insert needle at 45–90°, inject slowly and steadily
- 07 Withdraw needle at the same angle; apply gentle pressure. Do NOT massage
- 08 Dispose of needle immediately in a sharps container, never recap
- 09 Avoid strenuous activity at the injection site for at least 30 minutes

A full injection tutorial video is available in your PrescribedRX patient portal under 'Treatment.'

TESTOSTERONE CREAM

04

Applied daily to the skin, providing steady hormone levels, no needles required. Ideal for patients who prefer a non-injectable form of TRT.

APPLICATION INSTRUCTIONS & IMPORTANT NOTES

Step-by-Step Injection Guide

- 01 Apply to shoulders, upper arms, inner thighs, or abdomen, never to genitals
- 02 Apply at the same time each day for consistent hormone levels
- 03 Wash hands thoroughly before and after every application
- 04 Allow gel/cream to dry fully before covering with clothing
- 05 Wait at least 2 hours before showering, swimming, or exercising
- 06 Rotate application sites regularly to prevent skin irritation
- 07 Use the exact dose prescribed, do not apply more or less
- 08 Store at room temperature away from heat and direct sunlight

Application Sites

Shoulders & upper arms

Inner thighs

Abdomen

Transfer Warning

Testosterone cream can transfer to others through direct skin contact. Always cover the application site and wash your hands before touching a partner or child. This is especially important with children, as even small amounts of transferred testosterone can have significant effects.

ENCLOMIPHENE

05

An oral, non-steroidal medication that stimulates your body to produce its own testosterone naturally, rather than replacing it externally.

HOW ENCLOMIPHENE WORKS

Mechanism of Action

Enclomiphene works by signaling the pituitary gland to increase LH (Luteinizing Hormone) and FSH (Follicle-Stimulating Hormone), which in turn stimulate the testes to produce testosterone naturally. Unlike traditional TRT, this preserves your body's own hormone production pathway.

Key Advantages

- Preserves natural testosterone production
- Maintains fertility, ideal for men who may want children
- Does not cause testicular atrophy
- Taken orally once daily, no injections or skin application
- Works best when LH is low-normal

Dosing

Starting Dose

12.5 mg/day orally

If Needed

May increase to 25 mg/day if symptoms persist at 3 months

Frequency

Once daily (or twice weekly if used alongside TRT to prevent testicular atrophy)

Labs at 3 Months

Follow-up labs to assess testosterone response

Best Candidate

Works best when LH is low-normal. If LH is high and testosterone is low, discuss alternatives with your clinician.

ANASTROZOLE

06

An aromatase inhibitor used alongside TRT to prevent excess testosterone from converting into estrogen (estradiol). Prescribed only when lab results indicate elevated estrogen levels.

MANAGING ESTROGEN ON TRT

Signs of Elevated Estrogen in Men on TRT

Gynecomastia (breast tissue enlargement)

Fluid retention and bloating

Decreased libido or sexual dysfunction

Mood changes or emotional sensitivity

When Anastrozole Is Prescribed

Estradiol above 60 pg/mL regardless of symptoms
Estradiol 40–60 pg/mL with associated symptoms present

Dosing

Starting Dose

0.1–0.2 mg twice per week

Maximum Dose

0.5 mg twice weekly

Timing

Typically taken on injection days

Monitoring

Estradiol + testosterone labs at 6–8 week intervals after starting

Critical Warning

Anastrozole should NOT be used if estradiol levels are normal or low. Over-suppression of estrogen causes joint pain, decreased libido, mood changes, and bone density loss. Only use as prescribed based on your lab results.

LABS & MONITORING

07

Lab work is the foundation of safe, evidence-based TRT care. Your labs confirm eligibility, guide prescribing decisions, and monitor your health throughout treatment.

WHAT WE TEST & WHEN

Free Testosterone

Drawn between 7–10 AM

FSH

Follicle-Stimulating Hormone

LH

Luteinizing Hormone

Estradiol

Monitored on anastrozole

AST/ALT

Liver function markers

PSA

Prostate-Specific Antigen

Hematocrit

Red blood cell concentration

SHBG

Sex Hormone Binding Globulin

Albumin

Protein binding marker

Prolactin

Hormone balance indicator

Hemoglobin

Oxygen-carrying blood protein

Signs of Elevated Estrogen in Men on TRT

Month 3: Testosterone, hematocrit, PSA follow-up

Month 6: Repeat labs to confirm stable levels

Ongoing: Every 3 months if abnormal; annually once stable

Labs are required before every prescription refill. No labs = no prescription.

APPOINTMENTS & YOUR PATIENT PORTAL

Virtual Visit Format

All appointments are accessed through your PrescribedRX patient portal. Visits are typically 15–30 minutes. Works on desktop, laptop, tablet, or smartphone, requires stable internet, camera, and microphone. You'll receive a reminder email with your appointment link.

What Your Portal Does

Book and manage clinician appointments • View lab results and health history • Track order and shipment status • Update billing and shipping information • Message your care team for non-urgent questions • Access injection tutorials and treatment guides • Complete renewal forms

When a Live Video Visit Is Required

Most consultations are asynchronous, your clinician reviews your intake and approves your prescription without a live call. However, a live synchronous visit is required if you live in:

Alaska • Arizona • Connecticut • Delaware • DC • Idaho • Kansas • Louisiana • Maine • Mississippi • New Mexico • Vermont • West Virginia

How to Request a Live Visit:

During your follow-up intake form, select 'I would like to speak to the provider.' You can also request a live consultation at any time through portal messaging.

To Reschedule:

Log in → Appointments tab → select new date/time. Contact support if you cannot reschedule through the portal.

BILLING, SUBSCRIPTION & DELIVERY

What's Included

Medication • Unlimited clinician visits • Lab orders • Free shipping • Portal access and support messaging. No hidden fees.

Auto-Renewal

Billed every 20 days from enrollment date. Month-to-month, no long-term contracts. Cancel anytime: portal → Profile → Cancel Plan.

Refund Policy

Full refund before prescription is written. Partial refund may apply after prescription. Contact support. Once shipped, medication costs are non-refundable.

First & Ongoing Shipments

First shipment: 8-week supply plus needles, syringes, and alcohol pads. Subsequent shipments: 12-week supply.

Delivery Timeline

Intake review 1–3 days • Labs 1–2 weeks processing • Clinician visit • Rx fulfillment • Shipping 3–7 business days. Total: typically 2–4 weeks.

Signature Required

Injectable Testosterone (Cypionate): signature required, DEA mandated for controlled substances. Enclomiphene and Anastrozole: no signature required.

KEY TIPS, MISSED DOSES & WHEN TO **SEEK CARE**

Missed Dose

Refer to the instructions provided with your specific medication. If you are unsure how to proceed, book an appointment with a clinician to discuss next steps. Never double-dose to make up for a missed one.

Side Effects & Dose Adjustments

If you feel your dosage needs to be adjusted or you experience side effects, discuss with your clinician before making any changes. Do not self-adjust, this may interfere with effectiveness or cause complications.

Switching Treatments

Prefer a different delivery method? Book an appointment through your portal to discuss switching between injectable, cream, or enclomiphene.

Stop Medication & Seek Immediate Care If You Experience:

Anastrozole should NOT be used if estradiol levels are normal or low. Over-suppression of estrogen causes joint pain, decreased libido, mood changes, and bone density loss. Only use as prescribed based on your lab results.

Allergic Reaction

Rash, hives, swelling of face/lips/throat, difficulty breathing

Blood Clots

Leg pain, swelling or warmth, shortness of breath, chest pain

Stroke Symptoms

Sudden numbness, weakness, trouble speaking, severe headache, vision changes

Prolonged Erection

Erection lasting more than 4 hours (priapism) medical emergency

Elevated Hematocrit

Symptoms of thick blood: headache, flushing, dizziness, contact clinician immediately

In a medical emergency, call 911 immediately.

Do not wait for a portal response.

Disclaimer: These materials are for general informational purposes only. Please consult with a physician or healthcare professional before administering any medication to understand your specific dosage and medical needs.

YOUR JOURNEY TO BETTER ENERGY, STRENGTH, AND **VITALITY STARTS HERE.**

We're with you every step of the way, from your first labs to ongoing care.

CONTACT YOUR CARE TEAM — AVAILABLE 7 DAYS A WEEK

support@prescribedrx.com

prescribedrx.com | Patient Portal: patient.prescribedrx.com

Phone number and current hours listed in your portal under 'Contact Us'