



Informed Consent for Male Testosterone Insertion

This consent form provides written confirmation that a discussion regarding bio-identical hormone insertion has occurred, and I agree to proceed.

General Bio-identical hormone pellets are comprised of naturally derived concentrated hormones. These hormones are designed to be biologically identical to the hormones a man makes in his own body but to a lesser degree with age. Bio-identical hormones have the same effects on the body as one's own hormones.

Benefits Advantages of testosterone therapy for men include: a) behavioral changes including decreased depression, decreased anxiety and irritability, increased energy and motivation, mood stabilization, better coping, improved self-image and self-worth, and enhanced stamina; b) improved cognitive function so one is no longer operating "in a fog," improved short-term memory and greater focus on tasks; c) physical effects such as decreased total body fat, increased lean body mass, increased muscle mass, and increased bone mass; and, d) sexual benefits such as increased libido, increased early morning erections, increased firmness, and duration of erections.

Risks I understand that the potential benefits come with some risks. Certain hormone pellets are FDA approved and others regulated and monitored.

Other risks include, but are not necessarily limited to: increased growth of existing prostate cancer. For this reason, a rectal exam and prostate specific antigen blood test must be done before starting testosterone and each year thereafter. If there is any question about possible prostate cancer, a follow-up with an ultrasound of the prostate gland may be required as well as a referral to a qualified specialist.

While urinary symptoms typically improve with testosterone, rarely they may worsen, or worsen before improving.

Testosterone therapy may cause an increase in hemoglobin and hematocrit, or "thickening of the blood." A complete blood count (Hb & Hct.) should be done at least annually to monitor and diagnose this problem. This condition can be reversed by donating blood periodically.

I also understand the additional concern, especially in younger men, of suppressed sperm development and sperm count with a dramatic reduction while a person is on testosterone therapy. Based on information known to date, this appears to be reversible. In most cases, once the testosterone is discontinued, the sperm count is restored, usually in 3-6 months. This is **extremely important** in younger men taking testosterone therapy. I understand that I have been encouraged to produce samples and have them frozen, just in case there is any permanent long-term effect on my sperm count. I have also been encouraged that, if I am concerned about future fertility, I should have a semen analysis prior to initiation of testosterone therapy. Testosterone administration is not to be used as a form of male contraception.



As with any form of implant therapy, there is a risk of infection, bruising, or bleeding at the insertion site. Instructions on the post-pellet recommendation sheet must be followed to avoid such risk.

Charges I understand there is a charge which varies depending on the number of pellets I receive. The precise amount is to be determined by my medical provider. I understand payment is due in full at the time of service.

I have read and understand the above. I have been encouraged and have had the opportunity to ask any questions regarding pellet therapy. All of my questions have been answered to my satisfaction. I further acknowledge that the risks and benefits of this treatment have been explained to me and I have been informed that I may experience complications, including one or more of those listed above. I accept these risks and benefits and I consent to the insertion of hormone pellets under my skin.

Patient Name

Date of Birth

Patient Signature

Date