

# ANDRO-FEME® Cream

Testosterone (tes-TOS-te-rone)

## Consumer Medicine Information

ANDRO-FEME®

### What is in this leaflet

This leaflet answers some of the common questions about ANDRO-FEME®. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the possible risks for you using ANDRO-FEME® against the benefits it can have for you.

**If you have any concerns about using ANDRO-FEME® talk to your doctor or pharmacist.**

**Keep this leaflet with the medicine.** You may need to read it again.

### What ANDRO-FEME® is used for

ANDRO-FEME® contains the active ingredient testosterone. This form of testosterone is identical to the testosterone produced by the ovaries of women and the testes of men.

Testosterone plays an important role in sexual arousal, sexual response, libido, maintenance of bone, energy levels and well-being in men and women.

Where women suffer from a deficiency of testosterone one or more of these areas may be affected and ANDRO-FEME® can provide testosterone to address this deficiency.

The skin is very good at absorbing testosterone and ANDRO-FEME® is a clean, simple and effective means of getting testosterone into the bloodstream.

### Prior to using ANDRO-FEME®

ANDRO-FEME® cream should not be used if you are allergic to testosterone, ANDRO-FEME® or any of the ingredients contained within ANDRO-FEME®. These are listed at the end of this leaflet.

This product contains almond oil and macadamia nut oil.

Do not use ANDRO-FEME® if you have breast cancer, kidney disease, liver disease or high calcium levels in the blood.

Caution should be taken before using ANDRO-FEME® if you have high blood pressure, epilepsy or migraines.

Check with your doctor or pharmacist if you are unsure about whether you have any of these conditions before starting ANDRO-FEME®.

If you are taking other medications check with your doctor or pharmacist before starting ANDRO-FEME®.

These may interfere with ANDRO-FEME® or ANDRO-FEME® may interfere with their effectiveness. These can include: medications that thin the blood eg warfarin, or other anticoagulants and insulin to control blood sugar.

Ensure any other hormone or steroid containing medications are not taken in conjunction with ANDRO-FEME® unless specifically authorised to do so by your doctor. These can include cortisones used for asthma and arthritic conditions, hormone injections, capsules or implants including Android, Sustanon®, Primoteston® depot and Primodian® depot.

ANDRO-FEME® is best applied to the inner forearm or upper thigh. The area should be clean and dry.

No perfume, deodorant or moisturising creams or gels should be used on the area because this may interfere with ANDRO-FEME® from being absorbed.

Do not use ANDRO-FEME® after the expiry date which is printed on the base (crimp) of the tube. If you use this medicine after the expiry date has passed, it may not work as well.

Do not use ANDRO-FEME® if the tamper proof seal at the top of the tube is damaged or broken.

ANDRO-FEME® is not indicated for use in children.

### How to use ANDRO-FEME®

Your doctor or pharmacist will explain how to apply ANDRO-FEME®.

Follow all directions exactly as they are explained. If you are unclear clarify with them prior to use as to what is unclear.

The dose of ANDRO-FEME® will be determined for you by your doctor. This dose is specific to your condition and should not be varied unless directed to do so by your doctor.

If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

#### **Opening the tube**

To open the tube remove the cap and turn it upside down. Fit the triangle onto the top of the tube.

Twist to open. Dispose of the broken seal and replace the cap firmly after using the cream.

#### **Measuring the correct dose of ANDRO-FEME® Cream**

A small plastic applicator with 1cm graduations is provided inside the ANDRO-FEME® box.

Your doctor will have determined what dose is appropriate for you.

Squeeze the tube so that the prescribed dose of cream covers the applicators graduated guidelines.

For example: if the dose required is 2cm apply as shown in the diagram below.

Each 1cm of Andro-feme® cream provides 10mg of testosterone.

#### **Where to apply ANDRO-FEME® cream**

Always apply ANDRO-FEME® cream to clean dry flat areas of skin.

The best area to use ANDRO-FEME® is the inner aspects of the forearms or the upper thighs of the legs.

Never apply the cream to broken or damaged skin.

Do not use ANDRO-FEME® on the genital area.

ANDRO-FEME® cream should be applied at approximately the same time each day.

This will allow the levels of testosterone to remain at a steady state.

#### **If you miss a dose**

If you forget to apply your cream, you should apply it as soon as you remember provided this is within 9 hours of your usual time of application.

Otherwise do not apply the cream until the next application time. Missing a dose will not create an undue disruption to your treatment.

### **If you use too much (overdose)**

Because of the way ANDRO-FEME® is used, an unintentional overdose is unlikely.

If you think that you or anyone else may have used too much ANDRO-FEME®, immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26) for advice or go to the Accident and Emergency Department at your nearest hospital. Do this even if there are no signs of discomfort or poisoning.

## **During ANDRO-FEME® use**

### **Do's**

Inform your doctor or pharmacist that you are using ANDRO-FEME® before starting any other prescribed medicine. Some medicines interact with other medications.

Tell all doctors, dentists and pharmacists who are treating you that you are using ANDRO-FEME®.

Have your testosterone blood levels measured regularly by your doctor.

This is especially important in the first few weeks of starting ANDRO-FEME® to ensure testosterone levels are within the normal levels for women.

### **Dont's**

Do not give ANDRO-FEME® to anyone else, even if they have the same symptoms or condition as you.

Observe care when driving or operating machinery at the start of treatment using ANDRO-FEME® until you know how ANDRO-FEME® affects you. There is no evidence that ANDRO-FEME® will affect your ability to driving or to operate machinery.

It is recommended that patients do not swim or shower until at least one hour after application of ANDRO-FEME® cream.

Close skin contact with the area of application within an hour of application by a partner should be avoided. This may result in the partner absorbing some testosterone through the skin contact.

## **Side Effects**

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using ANDRO-FEME®.

All medicines can have side effects in some people. Sometimes they are serious: most of the time they are not. Some side effects may need medical treatment.

*Tell your doctor if you notice any of the following that are troublesome or ongoing:*

- Skin irritation, for example rash or slight redness and itching of the skin where the cream has been applied. Any irritation will usually disappear within a few days. If it persists contact your doctor or pharmacist.
- Acne
- Loss of head hair (male pattern baldness)
- Headache, confusion, tiredness, body pain
- Nausea, increased appetite
- Dizziness, numbness
- Depressed mood, thinking abnormalities, anxiety

*Tell your doctor immediately if you notice any of the following:*

- More severe skin reactions such as blistering or contact dermatitis.
- Blood in motions (black tarry stools)

- Swollen feet or ankles due to fluid retention
- Urinary tract infection, difficulty in passing urine, loss of bladder control, blood in urine.
- These are more serious but far less common side effects. You may need urgent medical attention.
- Rarely reported events associated with testosterone supplementation include:
- Electrolyte imbalances in the blood
- High blood pressure

Tell your doctor if you observe any other effects not listed above.

**Do not be alarmed by this list of possible side effects.** You most likely will not experience any of them. ANDRO-FEME® has not been associated with these effects but because it contains testosterone there is a potential for side effects.

## **After using ANDRO-FEME®**

### **Storage**

Keep the tube sealed until time for use.

Do not transfer the cream out of the original tube into another container.

Keep the tube in a cool dry place where the temperature stays below 30°C.

Do not leave it in the car on a hot day or on window sills.

**DO NOT FREEZE**

Keep medicines out of reach of children.

### **Disposal**

If your doctor tells you to stop using ANDRO-FEME® ask your pharmacist what to do with any cream that is left over.

## **Product description**

### **What it looks like**

ANDRO-FEME® cream is a white opaque odourless cream in a white laminated tube. The crimp at the base of the tube has the batch number and expiry date imprinted on it.

The tube is boxed and in the box is a consumer information sheet and plastic graduated applicator.

### **Ingredients**

Each 50 gram tube contains 500 milligram (500mg) of testosterone. Each 2cm (1 gram) dose delivers approximately 10mg of testosterone.

Other ingredients in the cream include cetomacrogol 1000, cetostearyl alcohol, almond oil, macadamia nut oil, dl-alpha-tocopherol acetate (Vitamin E acetate), preservatives and stabilisers.

ANDRO-FEME® is available in a 50 gram sealed laminated tube.

### **Sponsor**

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ANDRO-FEME® is a registered trademark.

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