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Testosterone Pellet Insertion (Testopel®)

Pre-Procedure Instructions for Patients

ABOUT YOUR PROCEDURE

Testosterone pellets are small solid cylinders placed under the skin of the upper buttock or hip. They dissolve slowly and release testosterone steadily over **3 to 6 months**, avoiding the daily gels or frequent injections other forms require.

The pellets are inserted through a tiny incision using a special applicator. The procedure takes about 10 to 15 minutes in the office under local anesthesia.

BEFORE YOU DECIDE

Testosterone therapy **reduces sperm production and can cause infertility**, sometimes permanently. If you may want children in the future, tell your urologist before proceeding — there are alternative treatments that preserve fertility.

Testosterone therapy requires ongoing blood monitoring. You will need periodic testosterone levels, blood counts, and PSA testing.

MEDICATIONS

- **Blood thinners:** Ask the provider who prescribes them whether it is safe to stop before the procedure. Do not stop any prescription medicine on your own.
- Continue all other regular medications unless told otherwise.
- If you use testosterone gel or injections, ask when to stop before pellet insertion.

THE DAY OF YOUR PROCEDURE

- Shower and wash the hip and buttock area well with soap and water.
- Eat and drink normally.
- Wear loose, comfortable clothing.
- Bring your medication list, insurance information, and photo ID.
- Plan to avoid heavy exercise for about a week afterward.

WHAT TO EXPECT

You will lie on your side. The skin over the upper outer buttock is cleaned and numbed. A small incision is made and the pellets are placed in the fat beneath the skin using an applicator. You will feel pressure but should not feel sharp pain. The incision is closed with adhesive strips — usually no stitches. A pressure dressing is applied.

WHEN TO CALL THE OFFICE

Call 909.236.3333 before your procedure if you develop a skin infection, rash, or sore in the area, have a fever, or were unable to stop a blood thinner as directed.