

LEAFLET: INFORMATION FOR USERS

Tostran 20 mg/g gel for transdermal use
Testosterone

Read the entire leaflet carefully before you start using this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- Do you have any questions? Then contact your doctor or pharmacist.
- Do not pass this medicine on to others, as it has been prescribed only for you. It may harm them, even if their symptoms are the same as yours.
- Do you experience any side effects listed in section 4? Or do you experience a side effect not listed in this leaflet? Then contact your doctor or pharmacist.

Contents of this leaflet

1. What is Tostran and what is it used for?
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1. WHAT IS TOSTRAN AND WHAT IS IT USED FOR?

The active ingredient, testosterone, is a hormone, a type of androgen.

Tostran is used in adult men as testosterone replacement therapy for the treatment of various health problems caused by a lack of testosterone (male hypogonadism). This must be confirmed by two separate blood testosterone measurements. In addition, there must be clinical symptoms, such as:

- impotence
- infertility
- low libido
- fatigue
- depressive moods
- bone loss, caused by insufficient hormone

2. WHEN SHOULD YOU NOT USE THIS MEDICINE OR EXERCISE EXTRA CAUTION?

Tostran should only be used if your doctor, based on your symptoms and laboratory tests, has confirmed that you suffer from hypogonadism. Prior to starting the treatment, other causes for your symptoms should be ruled out by your doctor.

Only men may use Tostran. Tostran has not been tested in men under 18 years of age, and there is only limited experience in treating men over 65 years of age.

When should you not use this medicine?

- You are allergic to any of the ingredients in this medicine. These ingredients can be found in section 6.
- You suffer from, or are suspected to suffer from breast or prostate cancer

If any of these points apply to you, inform your doctor or pharmacist.

When should you exercise extra caution with this medicine?

Before starting treatment, a general medical examination is necessary, and also periodically during treatment (usually once or twice a year).

You suffer from a severe heart, liver, or kidney disease. Treatment with Tostran can in that case cause serious complications, in the form of fluid retention in your body. This can sometimes be accompanied by (congestive) heart failure.

Your doctor should conduct the following blood tests before and during treatment: measuring the concentration of testosterone in the blood and a complete blood cell count.

Inform your doctor if you have high blood pressure, or if you are being treated for high blood pressure, as testosterone can cause an increase in blood pressure.

Treatment with testosterone can increase the risk of developing an enlarged prostate gland (benign prostatic hyperplasia) or prostate cancer. Treatment with testosterone can also affect your red blood cell count, blood lipid profile, and liver function.

Inform your doctor before the treatment if you:

- have swollen hands and feet
- are overweight or suffer from a chronic lung disease, as treatment with testosterone can worsen sleep apnea (temporary cessation of breathing during sleep)
- have diabetes and use insulin to regulate your blood sugar levels, as treatment with testosterone can affect your response to insulin
- have epilepsy or migraine or if this develops, as these conditions can worsen during treatment
- suffer from bone cancer, as your doctor will need to monitor your blood calcium levels during treatment
- suffer or have suffered from blood clotting disorders
 - Thrombophilia (a blood clotting disorder that increases the risk of thrombosis (blood clots in the blood vessels))
 - factors that increase the risk of blood clots in a blood vessel: previous blood clots in a blood vessel, smoking, obesity, cancer, prolonged immobility, if a close family member has had a blood clot at a young age (e.g., younger than about 50) in a leg, lung, or other organ, or as you get older.

How do you recognize a blood clot? By a painful swelling in one leg or sudden change in skin color such as becoming pale, red, or blue, sudden shortness of breath, sudden unexplained cough possibly with blood, or sudden chest pain, severe lightheadedness or dizziness, severe abdominal pain, sudden loss of vision. Contact a doctor immediately if you experience any of these symptoms.

Contact your doctor if you:

- experience frequent or persistent erections
- are irritable or nervous, or if you notice weight gain
- feel nauseous, vomit, notice changes in skin color, or if your ankle joints swell
- notice skin reactions at the application site, such as a burning or stinging sensation, dryness, rash, redness, or itching
- notice changes in your breathing patterns, even during sleep

These symptoms may indicate that your dose of Tostran is too high and your doctor may need to adjust your dose.

Contact your doctor if you notice skin reactions at the application site, such as a burning or stinging sensation, dryness, rash, redness, or itching. If the reaction is severe, the treatment should be reconsidered by your doctor and discontinued if necessary.

If you are an athlete, be aware that Tostran contains testosterone, which can result in a positive doping test.

Tostran should not be used for the treatment of infertility or impotence in men.

Tostran must not be used by women due to possible masculinizing effects (such as hair growth on the face or body, deepening of the voice, or changes in the menstrual cycle).

How do you prevent transferring Tostran to someone else?

During repeated or prolonged periods of physical contact, you may transfer this medication to someone else. This can cause side effects such as hair growth on the face or body, deepening of the voice, or changes in the menstrual cycle in women, or faster growth, enlargement of the genital organs and early puberty (including the growth of pubic hair) in children. Wearing clothing that covers the application site or washing the application site before contact can reduce this risk.

Patients should be extra cautious when using this product and having direct physical contact with children, as testosterone can penetrate through clothing. Ensure you follow the application method carefully (see section 3 of this leaflet) when coming into physical contact with children, including covering the application site with clean clothing once the gel has dried. Additionally, wash the application site with soap once the recommended time (at least 2 hours) has passed and cover it again with clean clothing before coming into physical contact with children.

To ensure your partner's safety, you should wait at least four hours after applying Tostran before engaging in sexual intercourse and wear clothing that covers the application site during contact, or wash the application site with water and soap before intercourse takes place.

Additionally, when in contact with children, wear clothing that covers the application site to prevent the risk of transferring gel to the skin of children.

If you transfer a small amount of the testosterone gel to someone else through skin-to-skin contact, or if someone else is directly exposed to the gel itself, wash the contact area of that other person as soon as possible with water and soap.

If Tostran is applied to the patient by a healthcare provider or caregiver, they should wear suitable disposable gloves. The disposable gloves should be alcohol-resistant, as the gel contains ethanol and isopropyl alcohol.

Contact your doctor if you notice changes in body hair, significantly increased acne, or other signs of the development of male characteristics in people not being treated with Tostran (such as the female partner or children).

Are you using any other medications?

Are you using any other medications besides Tostran, or have you done so recently, or is there a possibility that you will use other medications in the near future? Then tell your doctor or pharmacist. This is especially true for the following medications:

- anticoagulants
- corticosteroids

Also inform your doctor or pharmacist about medications you have purchased for yourself without a prescription.

What should you pay attention to with food and drink?

The intake of food or drink does not affect the efficacy of Tostran.

Pregnancy and breastfeeding

- Tostran is intended for use by men only.
- Tostran must not be used by pregnant women or women who are breastfeeding.
- Pregnant women should avoid any contact with skin treated with Tostran. Tostran can cause harm or abnormalities to the unborn baby. If your partner becomes pregnant, you must follow the advice regarding the prevention of transferring testosterone gel given in this section. If contact with a treated skin area occurs, the affected area should be washed immediately with soap and water.

Driving and using machines:

It is unlikely that Tostran will affect your ability to drive or operate machines.

Tostran contains butylhydroxytoluene, propylene glycol, and ethanol.

Butylhydroxytoluene (E321) may cause local skin reactions (e.g., contact dermatitis) or irritation of the eyes and mucous membranes.

Tostran contains ethanol

This medicine contains 175 mg of propylene glycol per pump actuation.

This medicine contains 75 mg of alcohol (ethanol) per pump actuation.

This medicine may cause a burning sensation on your skin if your skin is damaged. This product is flammable until it has dried.

3. HOW TO USE THIS MEDICINE?

Always use this medicine exactly as your doctor or pharmacist has told you. If you are unsure about the correct use, contact your doctor or pharmacist.

The usual starting dose is 3 g of gel (which contains 60 mg of testosterone) per day. The dose may need to be adjusted by your doctor, and the maximum dose is 4 g of gel (80 mg of testosterone) per day.

Tostran is supplied in a bottle with a pump mechanism that delivers half a gram of gel (10 mg of testosterone) each time the plunger is pressed (when the pump mechanism is fully depressed).

First use of the dosing pump:

Before using the dosing pump for the first time, it must be primed. To do this, with the bottle upright, press the button slowly and fully several times until gel is visible. Press the button 6 more times. Discard the gel dispensed by these six presses. It is only necessary to fill the pump system in this way when using the bottle for the first time.

Application of Tostran:

Your doctor will tell you how many times to press the plunger after priming the pump to get the correct dose of gel for you. The table below provides more information about this.

| Number of times to press | Amount gel (g) | Amount of testosterone applied to the skin (mg) |
|--------------------------|----------------|---|
| 1 | 0.5 | 10 |
| 2 | 1 | 20 |
| 4 | 2 | 40 |
| 6 | 3 | 60 |
| 8 | 4 | 80 |

Apply the gel once daily to clean, dry, undamaged skin, at the same time each day, for example, in the morning after showering.

The gel should be rubbed on the abdomen (over an area of at least 10 by 30 cm) or divided in two, with one half rubbed on the inside of each thigh (over an area of at least 10 by 15 cm). It is recommended that you rub Tostran on your abdomen one day and on the inside of both thighs the next day.

Application to other areas should be avoided. You should not apply Tostran to your genitals.

Gently rub the gel in with one finger until the skin is completely dry. Once the gel has dried, cover the application site with clean clothing (e.g., a T-shirt, shorts, or long pants). When you are done, wash your hands thoroughly with water and soap. Before coming into direct physical contact with someone else (an adult or a child), you should wash the application site with water and soap when the recommended time (at least two hours) has passed and cover it again with clean clothing.

If you are considering taking a shower or bath, do so before applying Tostran or wait at least two hours after application.

Two weeks after you start the medication, your doctor will take blood samples to see if the dose needs to be adjusted. During the use of Tostran, you should undergo regular medical examinations.

When organizing the testing of blood samples during the use of Tostran, ensure that all testosterone determinations are performed by the same laboratory, due to variability in analytical values between diagnostic laboratories.

Have you used too much of this medicine?

If you have applied too much Tostran, contact a doctor, hospital, or pharmacist.

Have you forgotten to use this medicine?

Do not use a double dose to make up for a forgotten dose. Apply the next dose at the usual time.

If you stop using this medicine

Always discuss it first with your doctor or pharmacist before stopping the use of Tostran.

Do you have any other questions about the use of this medicine? Then contact your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everyone gets them. Very common side effects (occur in more than 1 in 10 users) are skin reactions at the application site such as a burning or stinging sensation, dryness, rash, redness, or itching. These are usually mild side effects of Tostran of a transient nature, but if they are bothersome or persist for more than a few days, discuss this as soon as possible with your doctor or pharmacist.

Common side effects (occur in 1 to 10 out of 100 users) are: swelling of hands or feet, high blood pressure, changes in the prostate (including: increased blood levels of a protein called prostate-specific antigen produced by the prostate gland), faster growth of body hair, increased breast size, higher number of red blood cells (measured in blood samples). Increase in the number of red blood cells, increase in hematocrit value (the percentage of red blood cells in your blood), and increase in the amount of hemoglobin (substance in red blood cells that transports oxygen). These side effects can be detected by regular blood tests.

Other known side effects associated with testosterone treatment include: baldness, excessive sebum secretion, acne, jaundice (liver problems sometimes associated with yellowing of the skin and the whites of the eyes), abnormal liver function tests, nausea and changes in libido, more frequent erections, urination problems, depression, nervousness,

hostility, weight gain, muscle cramps or muscle pain, fluid retention, swollen ankles, sleep apnea, and in rare cases, painful and prolonged erections. High doses may result in a decrease in sperm production and testicular size. Prolonged administration of testosterone can cause changes in the body's salt levels (electrolytes).

There is no convincing evidence that testosterone replacement in men with hypogonadism leads to prostate cancer. However, testosterone treatment should not be given to men known or suspected to have prostate cancer.

There have been 2 reported cases of hyperglycemia (too much sugar in the blood) in individuals with a history of diabetes mellitus.

Reporting side effects

If you experience side effects, contact your doctor or pharmacist. This also applies to possible side effects not listed in this leaflet. You can also report side effects directly via: Netherlands Pharmacovigilance Centre Lareb
Website: www.lareb.nl

By reporting side effects, you can help us obtain more information about the safety of this medicine.

5. HOW TO STORE THIS MEDICINE?

Keep out of the sight and reach of children.

Do not use this medicine after the expiry date. It can be found on the bottle after EXP. It includes a month and a year. The last day of that month is the expiry date.

Store below 25°C.

Do not store in the refrigerator or freezer.

Keep the bottle upright after opening.

Do not flush medicines down the sink or toilet and do not throw them in the trash. Ask your pharmacist what to do with medicines you no longer use. They will then be destroyed responsibly and will not enter the environment.

6. CONTENTS OF THE PACKAGE AND OTHER INFORMATION

What substances are in this medicine?

- The active substance in this medicine is testosterone. One gram of gel contains 20 mg of testosterone.
- The other substances in this medicine are propylene glycol; anhydrous ethanol; isopropyl alcohol; oleic acid; carbomer 1382; trometamol; butylated hydroxytoluene (E321); purified water and hydrochloric acid (for pH adjustment).

What does Tostran look like and what is in a package?

Tostran is a clear gel with a color ranging from colorless to light yellow. Tostran is supplied in bottles, each containing 60 grams of gel. The bottles are equipped with a pump mechanism that dispenses a fixed amount of gel.

A box contains one, two, or three bottles of gel. Not all pack sizes may be available.

Marketing authorization holder and manufacturer

Marketing authorization holder

Advanz Pharma Limited
Unit 17, Northwood House,
Northwood Crescent,
Dublin 9, D09 V504,
Ireland

Manufacturer:

PHARBIL Waltrop GmbH
Im Wirrigen 25
45731 Waltrop
Germany

Registration in the Register

RVG 33424

This medicine is registered in member states of the European Economic Area and in the United Kingdom (Northern Ireland) under the following names:

Cyprus, Denmark, Finland, Germany, Greece, Ireland, Netherlands, Norway, United Kingdom (and Northern Ireland): Tostran

Italy, Sweden: Tostrex

Spain: Itnogen

France: Fortigel

This leaflet was last approved in December 2024