



DAY-ONE HANDOUT

# TRT — Day One

Your first injection week. Setup, technique, what is normal, and the short list of things to call us about.



IMPACT HEALTH | PATIENT GUIDE

Performance medicine built for results

## STARTING TESTOSTERONE THERAPY (TRT)

What to expect, how to take it, and when to contact us.

### QUICK START

- Stay on the prescribed schedule—no self-adjusting doses.
- Rotate injection sites; if gel, let it dry fully and cover clothing.
- Hydrate and keep protein-forward meals to support lean mass.

### WHY TRT

Restores physiologic testosterone to improve energy, libido, focus, mood, and lean mass. We titrate to symptom relief and safe labs.

## HOW TO TAKE TRT

### Injections

- Use provided dose and needle; subQ or IM per prescription.
- Rotate sites (abdomen, thigh, glute) to reduce irritation.
- Inject slowly; apply light pressure after—avoid rubbing.
- Store vials at room temp; keep clean, dry supplies.

### Gels/Patches (if prescribed)

- Apply to clean, dry skin; allow to dry completely.
- Wash hands after; cover area with clothing to prevent transfer.
- Avoid swimming/bathing for the first 2–6 hours (per product).

## WHAT TO EXPECT BY WEEK

### Weeks 0–4

Energy and drive may start to lift; mild acne or fluid retention can appear. Mood can feel steadier.

### Weeks 4–12

Libido and erectile quality often improve; strength/endurance gains; sleep may improve with steady routines.

### 12+ weeks

Body composition changes (more lean mass, less fat) continue; dose is fine-tuned to symptoms and labs.

### MONITORING & FOLLOW-UPS

- Labs: total/free testosterone timing per route; CBC/hematocrit, lipids, LFTs; PSA per age/risk; BP/weight.
- Visits: typically 6–8 weeks after start or dose change, then every 3–6 months.
- Tell us about any new meds, sleep apnea, or heart symptoms.

### COMMON, USUALLY MILD

- Acne/oily skin, mild fluid retention, transient mood swings.
- Higher hematocrit, mild BP rise, breast tenderness.
- Injection site soreness (if injections).

### Call us immediately

- Chest pain, shortness of breath, calf swelling/pain, vision changes.
- Severe headaches or blood pressure spikes.
- Marked mood changes, anger, or depression.
- Any injection-site redness, heat, or drainage.

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### MAKE IT WORK HARDER FOR YOU

- Sleep 7–9 hours; manage stress/caffeine late in day.
- Protein-forward meals; hydrate 80–120 oz/day unless restricted.
- Resistance training 3–4x/week; daily walking for recovery.
- Limit alcohol and nicotine; prioritize morning light exposure.

### FAQs

- **Missed dose?** Take it when remembered if close to schedule; otherwise skip and resume regular day. Do not double dose.
- **Travel?** Pack supplies in carry-on; keep vials at room temp; protect gels from heat; bring sharps container or travel bin.
- **Can I donate blood?** Ask us first; elevated hematocrit may require therapeutic phlebotomy.

This guide is educational and not a substitute for medical advice. Follow your clinician's instructions.

QUESTIONS DURING WEEK ONE?

## Call us. That is what membership is for.

A nurse will walk you through anything that feels off. The first dose is the hardest — only because it is new.

[Schedule a Consultation](#)

[Call 877-665-6767](tel:877-665-6767)

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