FTM : T Options

HRT (hormone replacement therapy) may be delivered by intramuscular injection, subcutaneous injections, testosterone implants, testosterone gels or testosterone patches

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| Testosterone injections  | • Is usually an injection into the muscle given in the butt or the thigh. It can also be given by injection into the fat under the skin in abdomen or thigh  
  • Is the most commonly used type of T.  
  • Usually given weekly, sometimes every two weeks.  
  • The longer between injections, the more likely it is that there are high and low levels of T  
  • The most common type used is Testosterone cypionate (Depo testosterone is the brand name) | • Is relatively inexpensive  
  • It seems to bring about desired body changes the quickest of all methods. | • The injection may be a little painful and it is not uncommon to develop a knot at the injection site that feels like a bruise with a hard lump underneath it.  
  • It can take some getting used to giving yourself an injection.  
  • Have to deal with proper disposal of needles | 10 ml vial of 200mg/ml (20 doses) starting at $23*                                                                         |
| Testosterone cypionate   |                                                                                                                                             |                                                                                                                                                        |                                                                                                                                                                                                                                       |                                      |
| Testosterone patch       | • is a non-Invasive, trans-dermal patch that is placed on the skin. It is also known as a Testoderm TTS patch.  
  • It is used daily and should be applied to back, belly, upper arms or butt, using a different site every day.  
  • Androderm may cause skin irritation.  
  • Many FtM's eventually switch to the T injections because of skin irritation and slow masculinization.  
  • Starting dose is usually 2-4 mg/day | • No injections are involved  
  • Used daily so there are less highs and lows than with injectable T. | • May cause skin irritation  
  • There is some chance that the hormone can be transferred to someone in close physical contact (less of a problem with patches)  
  • Are more expensive than injectable T | 30 patches $620*                                                                                           |
| Androderm patch          |                                                                                                                                                                                                            |                                                                                                                                                        |                                                                                                                                                                                                                                       |                                      |
| Testosterone patch gel   | • is a testosterone gel placed daily on the skin usually dispensed in “pumps”, or in packets.  
  • It comes in 2 strengths, 1% and 1.62%. 1.62% is applied to shoulders or upper arms, 1% can be applied to shoulders/upper arms/belly.  
  • Starting dose is 4 pumps a day of 1% |                                                                                                                                                          |                                                                                                                                                                                                                                       | 1 mo supply *$96-200                |
| Androgel                 |                                                                                                                                                                                                            |                                                                                                                                                        |                                                                                                                                                                                                                                       |                                      |
| Axiron 2%                | • Is a liquid form of T that is applied to the underarm area.  
  • Starting dose is usually 1 dose per armpit/day |                                                                                                                                                          |                                                                                                                                                                                                                                       | $97*                                |
|                          | * with Goodrx.com coupons that can save you money. These prices were current on 7/2/19 and vary daily                                                                                                         |                                                                                                                                                        |                                                                                                                                                                                                                                       |                                      |