

Testosterone Gel Prescribing in Primary Care

Following recent increased media attention we are aware that a number of GP practices are experiencing increased requests from female patients for testosterone gel. Please find below some key points for your information regarding such requests:

- Testosterone gel is currently only licensed for use in the UK in male patients. As such, use in female patients would be considered off-label.
- The [Grampian Area Formulary](#) recommends testosterone for restricted use as “testosterone replacement therapy for male hypogonadism when testosterone deficiency has been confirmed by clinical features and biochemical tests”. As such, use in female patients would currently be considered non-formulary.
- [National Institute of Clinical Excellence \(NICE\) Guidance](#) on the diagnosis and management of menopause recommends the consideration of testosterone supplementation in menopausal women with low sexual desire **ONLY** if Hormone Replacement Therapy (HRT) alone has not been effective.
- British Menopause Society, [‘Testosterone replacement in menopause’](#) information for GPs and other health professionals reinforces the NICE recommendation relating to testosterone and highlights the need to exclude other causes (both pharmacological and non-pharmacological) of low sexual desire prior to commencing pharmacological management.
- Where a patient has sought private diagnosis and pharmacological treatment for menopause and subsequently requests a transfer to NHS care, consideration should be given to the above information. Any prescriber undertaking prescribing is taking full clinical responsibility for prescribed medication and any associated monitoring. Further information can be obtained in the NHS Grampian [Guideline on Prescribing Following Private Consultation](#).

NHS Grampian Medicine Management and Formulary team continue to undertake further work relating to testosterone in women, and the wider menopause treatment options working in collaboration with the specialist service to ensure Grampian wide guidance is available for those working in a primary care setting.

Further information for healthcare teams

- [NICE. Menopause: diagnosis and management](#)
- [BRITISH MENOPAUSE SOCIETY Tool for clinicians. Testosterone replacement in menopause.](#)
- [International Menopause Society: Global Consensus Position Statement of the Use of Testosterone Therapy For Women](#)
- [NHS Grampian Policy - Prescribing Following Private Consultation](#)
- [British Menopause Society – Tools for Clinicians](#)

Further information for patients

- [Women’s Health Concern Factsheet – Testosterone for women](#)
- [Women’s Health Concern – Factsheet links](#)