

## INTERIM RECOMMENDATION FOR DRUG ADMINISTRATION DURING THE COVID-19 PERIOD

### DRUG: TESTOSTERONE UNDECANOATE 250mg/mL vial (Nebido®)

Queries have been received about the administration of Nebido® for male hypogonadism management during the COVID-19 period. The RCGP has produced guidance on workload prioritisation and assigns essential injections like testosterone injections as 'GREEN' rating (aim to continue). Nebido is given every 12 weeks approximately, but the interval can be as long as 14 weeks in some individuals to maintain the >12 nmol/l testosterone.

Advice has been sought from Endocrinology Consultants at the UHNM about whether patients should be considered for a switch to an alternative testosterone preparation i.e. a transdermal gel. Specialists have advised that a change to the latter would require more frequent blood monitoring e.g. every 8 weeks, requiring more clinic/GP visits than a 3 monthly injection. Therefore, based on this advice it is sensible to continue with testosterone injections as usual as per the RCGP advice.

In both North and South Staffordshire formularies Nebido is classified as an 'AMBER' medication means that any changes to treatment would be done with at least the specialist's advice if not by the specialist themselves. It would be reasonable to seek specialist advice regarding a patient who falls into the shielded category.

Further information on testosterone preparations can be found in this link should you wish to consult it for information. British Society for Sexual Medicine guidelines on adult testosterone deficiency, with statements for UK practice. Available from:

[https://linkinghub.elsevier.com/retrieve/pii/S1743-6095\(17\)31538-2](https://linkinghub.elsevier.com/retrieve/pii/S1743-6095(17)31538-2)

The GIC has also produced advice that can be found in the links below.

For further support and prescribing guidance, please contact the CCGs Medicines Optimisation team via email: [nstccg.staffsmedicineoptimisationqueries@nhs.net](mailto:nstccg.staffsmedicineoptimisationqueries@nhs.net)

#### **References:**

CGP (2020). RCGP Guidance on workload prioritisation during COVID-19. <https://www.dispensingdoctor.org/wp-content/uploads/2020/03/RCGP-workload-prioritisation.pdf>

Gender Identity Clinic (GIC). HRT starting doses and conversion. Sept 2019 (Online). Available at: <https://gic.nhs.uk/wp-content/uploads/2019/09/HRT-starting-doses-and-conversions.pdf> Accessed 08/04/2020.

NHS GIC contact search: <https://www.nhs.uk/live-well/healthy-body/how-to-find-an-nhs-gender-identity-clinic/>

[https://linkinghub.elsevier.com/retrieve/pii/S1743-6095\(17\)31538-2](https://linkinghub.elsevier.com/retrieve/pii/S1743-6095(17)31538-2) Hackett G, Kirby M, Edwards D, Jones TH, Wylie K, Ossei-Gerning N, David J, Muneer A. British Society for Sexual Medicine guidelines on adult testosterone deficiency, with statements for UK practice. The journal of sexual medicine. 2017 Dec 1;14(12):1504-23.