



## **Instructions prior to Testosterone Pellet Placement (TPP)**

**1. Stop all Aspirin and other blood thinning products 1 week prior to insertion. Other products include prescribed anticoagulants, Vitamin E doses higher than 1,000 mg (1,500 IU) per day and Fish Oil.**

- non-compliance to the preceding recommendation may lead to unnecessary bleeding and bruising after the procedure.

**2. Please check your calendar and modify your exercise regimen for 5 to 7 days after the procedure. No vigorous activities and no submerging water exposure. See post procedural instructions.**

**Thank You from The Man Alive Team!**