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HOW TO APPLY ANDROGEL:

Squeeze all of the gel from the foil packet, the tube, or the number of pumps if using the pump bottle, into a cupped palm. Gently press your two palms together. When you separate your hands, you will have very nearly half of the gel on each palm. Do not rub your hands together. Try to keep the gel on the palms, instead of getting between the fingers. Then simply cross your arms, wiping the gel over your shoulders and upper arms. Thus apply most of it across your upper arms and shoulders. Absolutely avoid the area where they draw the blood from. Finish off by wiping what is left down your FLANKS (sides of your abdomen—not the middle). Then thoroughly wash your hands. Once you have washed them, there is no worry whatsoever about accidental transferal to others, as there is none left on the surface to transfer. Studies have shown this, and also that merely putting on a T-shirt to cover the exposed areas will do the same for the rest of you. If you had to, you could shower in an hour or so, without appreciable loss of testosterone delivery, as the gel soaks into the skin, and the skin acts as the actual reservoir for dispensation of the drug. You wouldn't want to do this all the time, but swimming or showering in a pinch can be done. It's still a good idea to take a quick shower before engaging in intimacy.

As an alternative with the pump bottle, you can apply half the total number of pumps to one palm, apply to the opposite side of the body, and then repeat for the other side. This makes it less likely to induce waste of the product.

For maximum effect, apply the gel within 3 minutes of showering.

You want a delay of at least two hours after application before drawing labs.