

Questions for Your Clinician

An appointment preparation sheet - no self-diagnosis or dosing guidance

What changed, when, and how does it affect daily life?

Medicines, supplements and other products already used

Questions to ask:

1. What diagnosis are we considering, and what else could explain the symptoms?
2. Does the study concern patients like me or healthy volunteers?
3. What benefit is demonstrated beyond a hormone measurement?
4. What uncertainties, adverse effects and alternatives should we discuss?
5. How do fertility goals affect the decision?
6. What follow-up would be needed, and who provides it?

Notes from the appointment / agreed next step

Do not start, stop or change prescribed treatment using this worksheet.

Article: primeformen.com/what-peptides-increase-testosterone/