Trough

Consultation summary

J. Example, born 1974 · Appointment 14 Nov 2026 · Covers 13 Aug to 12 Nov 2026 (13 weeks)

SAMPLE · FICTIONAL DATA

Patient-kept record. Entered by the patient, not a clinical record.

CURRENT TREATMENT

Testosterone enanthate 250 mg/mL

Dose	**100 mg once weekly**
Route	Intramuscular
Dose day	Thursday
Started	February 2026
Current dose since	1 Oct 2026
Prescriber	Private clinic (as entered by patient)

Weight as logged: 92.4 kg on 9 Nov (94.1 kg on 19 Aug)

CHANGES SINCE LAST VISIT

1 Oct Dose reduced from 125 mg to 100 mg weekly. Recorded as: instructed by Clinic, after the blood result.

DOSES IN THIS PERIOD

13	12	1	0
due	on the day	late	missed

Late: 2 days (due 15 Oct).

Sites as logged: Right outer thigh, Left outer thigh.

BLOOD RESULTS

Ranges and flags are copied from each lab report. Trough adds none of its own.

Test	Unit	19 Aug	30 Sep	11 Nov	Lab's range
Total testosterone	nmol/L	24.1	27.8	21.3	8.6 to 29.0
Free testosterone (lab-calculated)	nmol/L	0.52	0.61	0.46	0.20 to 0.62
Oestradiol	pmol/L	118	142	109	41 to 159
SHBG	nmol/L	31	30	32	18 to 54
Haematocrit	L/L	0.49	**0.53** H	0.50	0.40 to 0.50
Haemoglobin	g/L	162	**174** H	165	130 to 170
PSA	µg/L	0.9	not tested	1.0	below 3.5
Last dose logged before blood was taken		13 Aug	24 Sep	5 Nov	
Prescribed dose at the time		125 mg once weekly	125 mg once weekly	100 mg once weekly	
Lab; photo of the report kept in the app		Example Lab, no	Example Lab, no	Example Lab, no	

CHECK-INS

11 of 13 weekly check-ins completed

His own ratings, 1 (poor) to 5 (good), averaged by month.

	Aug	Sep	Oct	Nov
Energy	3.5	4.3	3.7	4.0
Mood	4.0	4.3	4.3	4.0
Libido	3.5	4.0	3.7	3.5
Sleep	3.0	3.5	2.7	3.0

SIDE EFFECTS AND EVENTS

In the patient's own words.

20 Sep “Headaches most afternoons this week.”

4 Oct “Injection site sore for two days, left thigh.”

29 Oct “Headaches have settled.”

HIS QUESTIONS FOR THIS APPOINTMENT

1. Can my blood tests move to my doctor or clinic under shared care?
2. Is my haematocrit acceptable now, and when should it be checked again?
3. My sleep was worse for a few weeks. Could that be related?

Doses: on the day = logged on the day it was due; late = logged after that day but before the next dose was due; missed = not logged by then.
Check-ins: each figure is the mean of his ratings in that month.