

TRT Consultation Checklist

Printable prep list for labs, history, symptoms, and goals before testosterone therapy discussion.

Symptoms & goals

- ☐ List current symptoms (energy, libido, mood, focus, recovery, body composition).
- ☐ Note how long symptoms have been present and what you have already tried.
- ☐ Write your top 2-3 treatment goals for the next 3-6 months.
- ☐ Note fertility plans (trying now, within 12 months, or not a priority).

Medical history to bring

- ☐ Full medication and supplement list (including finasteride, steroids, opioids).
- ☐ History of prostate concerns, elevated hematocrit, sleep apnea, or clotting issues.
- ☐ Prior testosterone, HCG, enclomiphene/clomiphene, or anabolic use.
- ☐ Cardiovascular history, blood pressure readings, and family heart history.

Labs & documentation

- ☐ Bring recent morning total/free testosterone labs if available.
- ☐ Bring CBC, estradiol, PSA (if indicated), CMP, and lipid panel if available.
- ☐ Note timing of prior lab draws (fasting, morning, on/off cycle).
- ☐ Upload ID / intake forms requested in your patient portal before the visit.

Practical readiness

- ☐ Review IM / subcutaneous injection resources if injectable TRT is likely.
- ☐ Confirm you can attend follow-up labs and check-ins.
- ☐ Prepare questions about dosing frequency, monitoring, and adjunct therapies.

Educational prep sheet only - not medical advice. Bring this list to your Vita Bella consultation. Your licensed provider will personalize labs, dosing, and next steps. Never start, stop, or change medication without clinician guidance.