



Do I Need to Donate Blood While on Testosterone Therapy?

Testosterone therapy can raise your red blood cell count over time. We track this with a routine blood test — hematocrit — that's part of your regular labs.

Most patients on TRT never need to donate blood.

A mild rise in hematocrit is common, and it's usually corrected by adjusting how often you take your dose — not by giving blood. We'll recommend a donation only when your hematocrit is significantly elevated, or elevated and you have symptoms that go along with it.

Let us know if you notice:

- Frequent headaches
- A flushed or unusually red complexion
- Ringing in your ears
- Changes in your vision
- Unusual shortness of breath
- Blood pressure readings higher than what's normal for you

Bottom line: your labs guide the plan, not a fixed schedule. If a donation is ever needed, we'll tell you exactly why, based on your numbers.