

NANDROLONE

Other NAMES: Deca-Durabolin®

WHY is this drug prescribed?

Nandrolone is an anabolic steroid. Anabolic steroids are natural or synthetic versions of testosterone, a hormone that is produced naturally in males and, to a lesser extent, in females. Anabolic steroids are used in combination with appropriate diet and moderate exercise to promote a gain of protein in the body and to increase lean body mass (including muscle tissue).

HOW should this drug be taken?

Nandrolone is given by intramuscular administration (in the muscle). The usual dose is 50 to 100 mg once a month. Since each person responds differently to medical treatments, your doctor will recommend the dose and duration of therapy that is best for you.

In order to receive the best benefit from nandrolone, it is important to maintain a healthy diet (e.g., high in calories and protein). Your doctor or dietician can help you determine the diet that is best for you. Moderate exercise is also recommended.

Your dosage is:

50 mg

100 mg

_____mL(_____mg) every _____weeks

What should you do if you FORGET a dose?

Nandrolone is usually injected into a muscle by a nurse. Ensure that you go to all your appointments to receive these injections. If you can't make it to an appointment, call your clinic to set a new appointment.

What ADVERSE EFFECTS can this drug cause? What should you do about them?

Most side effects reported with nandrolone are mild, and may include **nausea, fluid retention with swelling of feet, legs and ankles, insomnia, and breast enlargement.** To prevent the development of swelling, it is preferable to lower the salt content in your diet. Occasionally, masculinizing effects such as an **increase in facial hair growth, acne, deepening of the voice or menstrual irregularities** (in women) or **male pattern baldness, erectile and ejaculation difficulties** (in males) may occur. If these effects

occur and are bothersome, please call your doctor or discuss them at your next visit.

Very rarely, nandrolone may cause liver problems. Blood tests will be done regularly to check for any changes in your liver function. Also, cholesterol levels may increase or decrease and the calcium level in your blood may increase. Nandrolone can also falsely elevate blood sugar levels. These changes will be looked for when you have blood tests done. If there are any problems, the dose of nandrolone will be reduced or the drug will be stopped.

It is important that you keep your doctor appointments and come for your laboratory tests so that your progress can be followed.

What other PRECAUTIONS should you follow while using this drug?

Before beginning nandrolone, please inform your doctor if you have or have had in the past any of the following problems:

- kidney, liver or heart disease;
- if you are a man, breast cancer, prostate cancer or an enlarged prostate
- increased blood calcium level.

This information will help you and your doctor decide if the potential benefits of treating your condition with nandrolone will outweigh the possible risks.

Nandrolone should NOT be used if you are pregnant or plan on becoming pregnant. Also, the safety of nandrolone during breastfeeding has not been established. Please discuss this with your doctor if this is a concern.

Nandrolone may interfere with other drugs. In particular, warfarin (Coumadin®) and drugs used to control the blood sugar level. Inform your doctor and pharmacist of all prescribed and non-prescribed drugs you are taking. As well, you should inform them of natural products you are taking. If you wish to start a new drug or natural product, please consult with your pharmacist before doing so.

How should this drug be STORED?

Nandrolone injectable solution should be stored at room temperature (15-30°C), well out of the reach of children. Ensure that the drug has not expired by checking the expiry date ("EXP") shown on the outside of the package.

If you have any questions or concerns about this drug or if you are experiencing adverse effects, please discuss them with your pharmacist, doctor or nurse.

Write questions or concerns down to ensure they are addressed.

The following pharmacist is available to answer questions:

Pharmacist: _____

Telephone: _____

Reference: Product Monograph Deca-Durabolin® (nandrolone decanoate). Scarborough, ON, Canada: Schering Plough Canada Inc., 2008. Prepared by the Ontario HIV Pharmacy Professional Specialty Group, 2003. Reviewed 2009.

Additional medication fact sheets and updates may be found at: www.hivclinic.ca

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MEDICATION

FACT SHEET