

# TRT PCT & RESTART GUIDE

*Understanding Testosterone Recovery After TRT*

**DOCTOR-REVIEWED · EVIDENCE-BASED · TRT LIBRARY**



Presented by

**TRT CLINIC MEDICAL TEAM**

POWERED BY TRTEXPERT.COM — IN COLLABORATION WITH TRT BANGKOK

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# WHO THIS GUIDE IS FOR

## Who Should Read This Guide?

- Men currently on TRT considering stopping
- Men who stopped TRT and feel “off”
- Men planning fertility after TRT
- Men unsure whether TRT is lifelong

This guide is educational and does not replace medical consultation.



# WHAT HAPPENS WHEN TRT STOPS

## What Happens When You Stop TRT?

- Natural testosterone production is suppressed during TRT
- Stopping TRT does not guarantee automatic testosterone recovery.
- Recovery depends on individual factors

## Factors list:

- Duration of TRT use
  - Age and baseline testosterone
  - Overall health and lifestyle
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# CAN NATURAL TESTOSTERONE RECOVER?

## Can Your Body Restart Testosterone Production?

- Recovery is possible for many men
- Recovery timelines vary widely
- Some men recover partially, not fully

### **① CLINICAL NOTE**

Recovery timelines vary widely and may be incomplete.

# WHAT IS PCT?

## What Is Post Cycle Therapy (PCT)?

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1

Medical approach to support hormonal signaling recovery

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2

Not a guaranteed “reset”

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3

Not a DIY supplement plan

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**ⓘ CLINICAL NOTE**

PCT protocols must be individualized and supervised.

# WHO MAY NEED PCT

## Who Typically Benefits From PCT?

- Long-term TRT use
- Suppressed LH/FSH
- Fertility planning
- Poor recovery after stopping TRT (symptoms persist)



**ⓘ Note: Not all men require post-cycle therapy.**

# WHAT RECOVERY MAY LOOK LIKE

## What to Expect During Recovery

- Early phase: hormonal adjustment
- Mid phase: symptom fluctuation
- Later phase: stabilization, if recovery occurs.

### **① CLINICAL NOTE**

**Symptoms and lab values do not always improve at the same pace.**

# FERTILITY CONSIDERATIONS

## TRT, Fertility & Restart Considerations



TRT suppresses sperm production



Fertility may recover after stopping TRT,  
but recovery is variable.



PCT or HCG may be considered in some cases

### **(i) CLINICAL NOTE**

**Fertility planning requires specialist guidance.**

# MEDICAL MONITORING DURING PCT

## Why Ongoing Monitoring Matters

- Hormones must be tracked, not guessed
- Symptom changes should be documented
- Adjustments may be needed over time

## What Is Typically Monitored

	<ul style="list-style-type: none"><li>• Testosterone</li></ul>
	<ul style="list-style-type: none"><li>• LH / FSH</li></ul>
	<ul style="list-style-type: none"><li>• Other relevant laboratory markers</li></ul>

# FINAL REMINDERS

## Important Reminders:



- Stopping TRT is a medical decision
- Recovery is individual, not guaranteed
- Rushed decisions increase risk

**EDUCATIONAL ONLY · ALWAYS CONSULT A QUALIFIED  
HEALTHCARE PROVIDER**