

INJECTION INSTRUCTIONS

What is a Subcutaneous Injection?

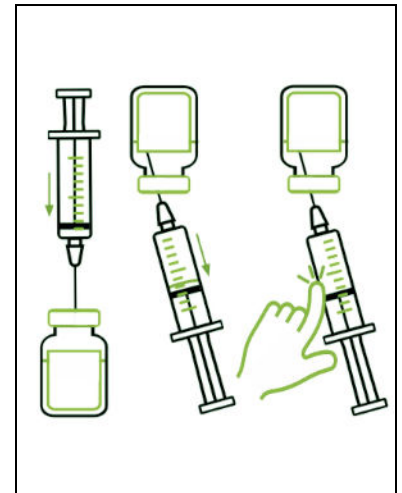
A subcutaneous injection (SQ) delivers hormones into the fatty layer between skin and muscles. Typical injection sites are the fatty areas on the thigh or abdomen. It is very important to ROTATE the injection sites, and we suggest keeping a log (for example using the Notes App on your phone) of sites and dates of injection in case any issues arise. Changing sites ensures that the medication is absorbed properly. Using the same site repeatedly can damage the tissues at that site and may not allow the medication to get into the bloodstream. Because testosterone comes in a thick solution, two needles are typically used in the process: (1) a larger diameter "draw needle," usually 21 gauge and (2) a smaller "injection needle," usually 27 gauge (30g works also). In some cases the 27g needle can be used for both drawing up and injecting the testosterone, but the solution draws quite a bit faster through the larger needle.

Before You Start:

- Read prescription labels and these instructions thoroughly before beginning.
- Wash your hands with soap and water.
- Lay out your supplies:
 - Vial of medication in solution form
 - Alcohol pads
 - Draw Needle (usually 21g)
 - Injection Needle (usually 27g)
 - Syringe - (1ml syringe)
 - Needle/Sharps disposal container

Drawing Up Medication

- Remove cap on medication vial.
- Wipe the top of the vial with an alcohol pad. Do not touch the top of the vial once you have sanitized it.
- Remove the syringe and Draw Needle from the bag and wrapper.
- Attach the Draw Needle to the syringe by twisting it clockwise (like a screw). Remove the cap.
- Pull back the plunger to the black line that corresponds with the medication dose prescribed. This information can be found on your prescription label. Please note, air is just being drawn into the syringe at this step.
- While holding the barrel of the syringe, insert the needle through the rubber stopper of the medication vial. Then push the plunger all the way down to transfer the air from the syringe into the medication vial.



• While still holding the plunger down, tilt the syringe (with the vial attached) at a slight angle. Making sure the needle tip stays in the solution, pull back the plunger slightly past the line on the syringe specific for your dose.

• Carefully remove the needle and syringe from the vial then draw back a bit further to get the testosterone remaining in the needle.. Gently tap on the syringe to remove any air bubbles and adjust the plunger to the prescribed dose. Recap the needle by picking up the cap with the needle. **DO NOT DISPOSE OF THE REMAINING TESTOSTERONE**, as you will be getting multiple doses from the same vial. This has been proven safe, and results in substantial cost savings for you (some pharmacists may tell you otherwise. Trust us!)

• Replace the Draw Needle on the syringe with the Injection Needle.

Injecting Your Hormones

• Select area for subcutaneous injection. Common injection sites include:

- Upper thighs (front or side)
- Belly area, below line of navel at least two inches from the navel. You can alternate sides and vary the distance from the navel.

• Clean the injection site with alcohol swab and let area dry.

• Hold the syringe with your writing hand and pull off the cap with your other hand.

• Injections can be given at a straight/90-degree angle if you can pinch at least two inches of skin. If you can only grasp one inch of skin, give the injection at a 45-degree angle.

• Once the needle is in tissue all the way, push the plunger all the way down.

• Remove the needle at the same angle you put it in.

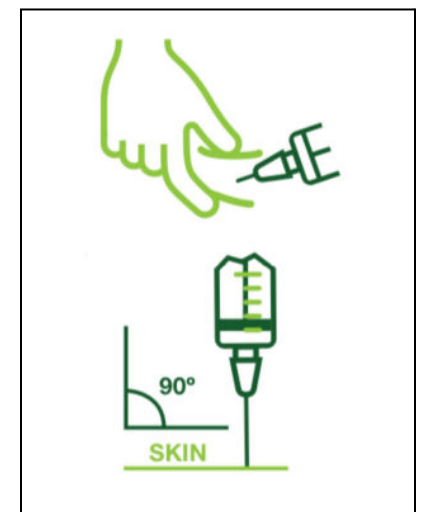
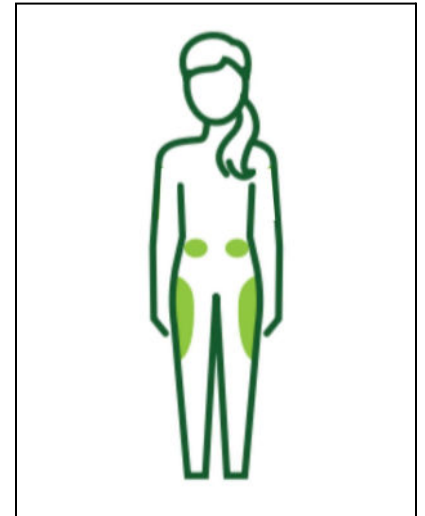
• Gently wipe the area with a gauze pad and apply bandage if needed.

• Dispose of syringe and needles in a safe container (ie sharps container). For more information on how to dispose of needles safely, visit safeneedledisposal.org. **DO NOT DISPOSE OF THE REMAINING TESTOSTERONE**, as you will be getting multiple doses from the same vial.

• Follow your provider's instructions and use medicine only as prescribed.

• Keep out of reach of children and pets.

• Serious adverse reactions should be reported to your provider



Want a visual demonstration of subcutaneous injections?

Scan QR Code for a link to a short video:



Here are QR code links to more detailed videos:

Part 1:



Part 2:

