



How to give a Testosterone Intramuscular (IM) Injection

Dosage for 10 weeks: ½ ml twice a week

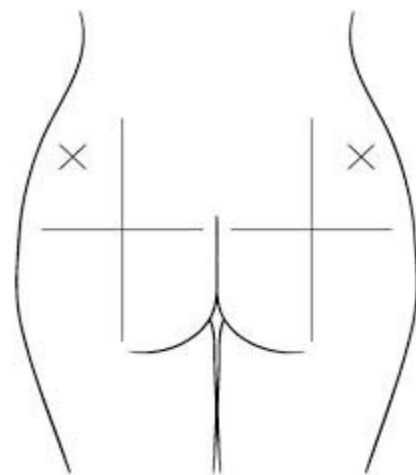
Step 1: Assemble supplies:

1. Medication in a vial
2. Disposable syringe and needles, one 18G x1 ½ needle to draw up medication then switch to injection needle (25x 1 inch needle)
3. Alcohol swabs
4. Puncture proof disposal container (Can be bought off Amazon, or recap all needles and drop off at our office)

Step 2: Injection Site

Gluteus Maximus muscle in the buttocks: To find the correct location for injecting into the Gluteus maximus muscle, expose the buttocks and divide (in your mind) each buttock into four parts.

Aim the injection into the upper quarter of the buttock (X on the diagram), towards the hip bone portion



Step 3: Preparing the Injection Dose

1. Take the cap off the vial. Clean the rubber stopper with one alcohol swab. Allow to dry.
2. Check the package containing the syringe, if the package has been opened or damaged, do not use that syringe.
3. Pull the 18Gx 1 ½ needle cover straight off the syringe. Then, pull back the plunger and draw air into the syringe. The amount of air drawn into the syringe should be the same amount ½ mL twice a week. Do not let the needle touch any surfaces.
4. Push the plunger of the syringe down and push the air from the syringe into the vial. Keeping the needle in the vial, turn the vial upside down. Position the needle so the liquid is covering the tip of the needle.
5. Keeping the vial upside down, slowly pull back on the plunger to fill the syringe with the medication to ½ mL.
6. Keeping the needle in the vial, check for air bubbles in the syringe. If there are air bubbles, gently tap the syringe with your fingers until the air bubbles rise to the top of the syringe. Then slowly push the plunger up to force the air bubbles out of the syringe without removing the needle from the bottle.
7. After air bubbles are gone, pull the plunger back to the number (ml or cc) marking on the syringe that matches your dose. Remove the 18G x 1 ½ needle and replace it with the 25g x 1in needle.

8. Check to make sure that you have the correct dose in the syringe. It is **VERY** important that you use the exact dose prescribed by your doctor.

Step 4: Give the Injection

1. Clean the injection site skin with an alcohol swab; let it air dry.
2. Hold the skin around the injection site in the manner described above.
3. Insert the IM needle into the muscle at a 90-degree angle with one quick and firm motion.
4. After you insert the needle into the muscle take your hand off the skin.
5. Gently pull back on the plunger of the syringe to check for blood. If you see blood in the needle, do not inject the medicine and remove the needle immediately. If you do not see any blood in the needle, you can complete the injection by pushing the medication slowly into the muscle.
6. When you finish injecting the full dose of the medication into the muscle, remove the needle.
7. Gently press an alcohol swab on the injection site. Hold pressure on site until there is no bleeding. You can place a band aid on injection site if needed.

Tips for Reducing Injection Pain

- Inject medicine that is at room temperature.
- Remove all air bubbles from the syringe before injection.
- Let the skin dry after using alcohol wipes before injecting.
- Keep the muscles in the injection area relaxed.
- Break through the skin quickly with the needle.
- Don't change the direction of the needle as it goes in or comes out.
- Do not reuse disposable needles.

Instructions for Disposing of "Sharps":

- Dispose all needles in a plastic container. Amazon sells "**Sharps Containers**"
- If not, recap all needles, save in a bag, and drop it off at our office and we will properly dispose of the needles.

Improper disposal of syringes and other sharp objects can pose a health risk and damage the environment.