

GIVING YOUR SUBCUTANEOUS TESTOSTERONE INJECTIONS

SUPPLIES:

- Testosterone enanthate (Delatestryl®, 200 mg/mL, 5-mL vials)
- Testosterone cypionate (Depo-Testosterone® or Taro-Testosterone Cypionate, 100 mg/mL, 10-mL vials)
- Syringes / needles: 1-mL Luer-Lok™ syringes (BD# 309628) with 25-G, $\frac{5}{8}$ -inch needles
- Syringes / needles: 1-mL (100-unit) Ultra-Fine™ insulin syringes (BD# 320469) with 31-G, 6-mm needles
- 2 Alcohol swabs (one for cleaning the vial, one for cleaning injection site)

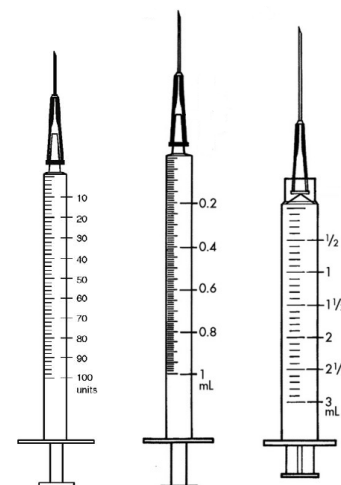
DOSE:

_____ mL weekly (= _____ mg)

On an insulin syringe, draw up to the _____ marking

On a 1-mL syringe, draw up to the _____ marking

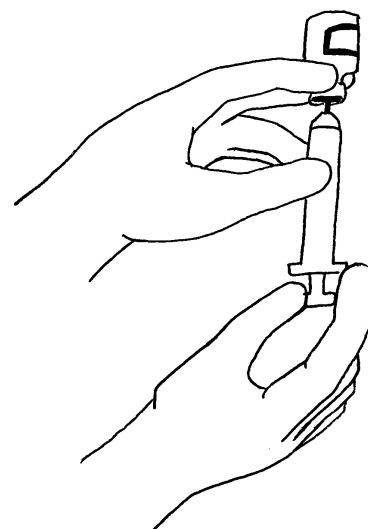
On a 3-mL syringe, draw up to the _____ marking



insulin syringe 1-mL syringe 3-mL syringe

DRAWING UP THE MEDICATION WITH A SYRINGE:

1. Wash your hands thoroughly.
2. Check that the medication is correct and not past the expiry date. We suggest using the vial until it is empty or up to the expiry date.
3. Warm the vial and syringe in your hands for a few minutes before drawing up the medication.
4. Clean the top of the vial with an alcohol swab and let dry.
5. Remove the needle protector. Do not let the sterile needle touch anything.
6. Pull back on the plunger, drawing up the amount of air equal to the amount of medicine to be given.



Giving Your Subcutaneous Testosterone Injections (continued)

7. Insert the needle into the rubber stopper on top of the vial. Push the air into the vial.
8. Turn the vial and syringe upside down.
9. Pull down very slowly on the plunger, drawing up the correct amount of medicine, which you will see is straw coloured. The end of the needle must be in the medicine to draw it up.
10. While the needle is in the medicine, look for large air bubbles. Remove them by pushing them back into the vial. Recheck that you have the correct amount of medicine.
11. The testosterone is very thick, and it will take a minute or two to get the proper amount drawn up.
12. Carefully recap the needle while you get ready to prepare the site for giving the injection.

GIVING THE INJECTION:

1. Choose a site for the injection. See diagram.
2. **It is important to rotate the sites for injection.**
3. Clean the site with alcohol in a small to larger circular motion and let it dry.
4. Pull the cap straight off the syringe.
5. Hold the syringe in one hand, like a dart or pencil. Stabilize the skin at the chosen site with the other hand. Remember not to touch the area you have cleaned.
6. If you're using a $\frac{5}{8}$ -inch tuberculin needle, insert the needle quickly at a 45-degree angle. If you're using a 6-mm insulin syringe, insert the needle quickly at a 90-degree angle.
7. Inject all the medication in the syringe by pushing down on the plunger slowly.
8. Keep the needle in the skin for a few seconds.
9. Pull the needle straight out and apply pressure to the site with a clean dry gauze for approximately one minute. You may place a Band-Aid on the site if desired.
10. Do not recap the needle, in order to prevent sticking yourself. Dispose of your syringe in a sharps container. All other supplies may be disposed of in the trash.
11. Record the date, time and site of injection.

