

GIVING YOUR INTRAMUSCULAR TESTOSTERONE INJECTION

SUPPLIES:

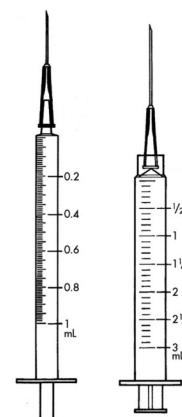
- ☐ Testosterone enanthate (200 mg/mL, 5-mL vials)
- ☐ Testosterone cypionate (Taro-Testosterone Cypionate or Depo-Testosterone®, 100 mg/mL, 10-mL vials)
- ☐ Syringes / needles: 1-mL Luer-Lok™ syringes (BD# 309628) with 23-G, 1-inch needles
 - 2 Alcohol swabs (one for cleaning the vial, one for cleaning injection site)
 - Gauze or tissue to hold over site after injection
 - Band-Aid (optional)

DOSE:

_____ mL (= _____ mg) every _____ week(s)

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

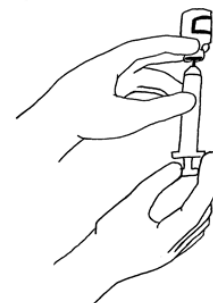
On a 3-mL syringe, draw up to the _____ marking



1-mL syringe 3-mL syringe

PREPARING AND DRAWING UP THE MEDICATION:

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. Warming the vial and syringe in your hands for a few minutes before drawing up the medication helps it come into the syringe faster.
4. Clean the top of the vial with an alcohol swab, let dry.
5. Remove the 1-mL syringe and 23-G 1-inch needle from the packaging, being careful not to touch the connecting ends. Connect the syringe and needle by twisting until tight.
6. Remove the needle protector. Do not let the sterile needle touch anything.
7. Pull back on the plunger, drawing up air equal to the amount of medicine to be given.
8. Insert the needle into the rubber stopper on top of the vial. Push the air into the vial.
9. Turn the vial and syringe upside down with the needle below the level of the medicine.



10. Pull down very slowly on the plunger to create a suction. Allow the medication to collect until you have enough for your dose. The testosterone is thick and straw-coloured and may take a minute or two to get the proper amount.
11. While the needle is in the medicine, look for large air bubbles and tap them to the top of the syringe. Remove them by pushing them back into the vial. Recheck that you have the correct amount of medicine. Then, remove the needle and syringe from the vial.
12. Carefully recap the needle while you get ready to prepare the site.

GIVING THE INJECTION:

Choose the site for the injection. A good site for children/youth is halfway down the outer thigh. If your child uses ice or numbing cream, apply prior to drawing up medication.

1. Clean the site with alcohol in a small to larger circular motion and let it dry.
2. Pull the cap straight off the needle being careful not to poke yourself.
3. Hold the syringe in one hand, like a dart or pencil. Support the skin at the chosen site with the other hand. You may have to pinch up the tissue if your child is thin. Remember not to touch the area you have cleaned.
4. Insert the needle quickly at a 90-degree angle and release the skin.
5. **Inject all the medication in the syringe by pushing down on the plunger slowly. Wait for 5 seconds before pulling the needle out to prevent the medication from tracking back out of the injection site.**
6. Pull the needle straight out and apply pressure to the site with a clean dry gauze or tissue for approximately one minute. You may place a Band-Aid on the site if desired.
7. Do not recap the needle in order to prevent sticking yourself. Dispose of your syringe and needle in a sharps container. All other supplies may be disposed of in the trash.
8. Record the date, time and site of injection.

