

SUBCUTANEOUS TESTOSTERONE INJECTIONS

SUPPLIES:

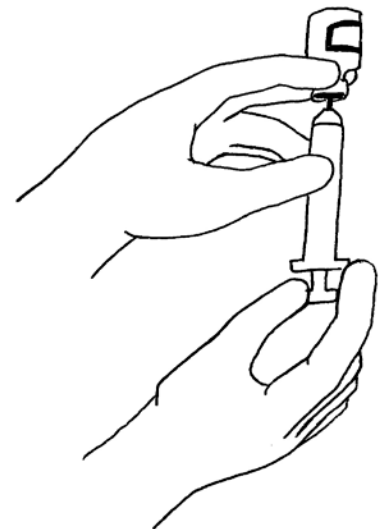
- Testosterone enanthate (Delatestryl®, 200 mg/mL, 5-mL vials)
- Testosterone cypionate (Depo-Testosterone®, 100 mg/mL, 10-mL vials)
- Syringes / needles: 1-mL tuberculin syringe with 25-G, $\frac{5}{8}$ -inch needle
- Syringes / needles: 1-mL Ultra-Fine™ insulin syringe with 31-G, 6-mm needle

DOSE:

_____ mL weekly (= _____ mg)

DRAWING UP THE MEDICATION WITH A SYRINGE:

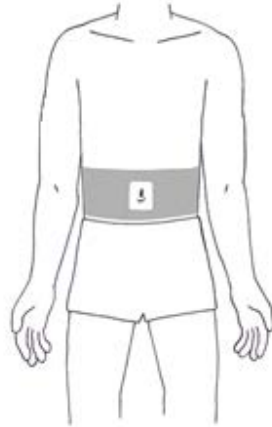
1. Wash your hands thoroughly.
2. Check that the medication is correct and not past the expiry date. Record the date of the first dose on the label. Be aware of the maximum length of time that the vial can be used.
3. Warm the vial and syringe in your hands for about 10 minutes before drawing up the medication.
4. Clean the top of the bottle with an alcohol swab.
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.
7. Insert the needle into the rubber stopper on top of the bottle. Push the air into the bottle.
8. Turn the bottle and syringe upside down.
9. Pull down very slowly on the plunger, drawing up the correct amount of medicine. The end of the needle must be in the medicine to draw up medicine.
10. While the needle is in the medicine, look for large air bubbles. Remove them by pushing them back into the bottle. 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.

GIVING THE INJECTION:

1. Choose a site for the injection. See diagram.



2. **It is important to rotate the sites for injection.**
3. Be sure the site is clean.
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.