



TESTOSTERONE SELF INJECTION

Info Sheet & Directions

Information has been compiled by Skipping Stone's community team, including input from individuals with lived experience and verified and approved by Skipping Stone's primary consulting physician, Dr. Ted Jablonski.

• PART 1 – Gather Equipment

Supplies Summary:

- | | | |
|--|--|--|
| <input type="checkbox"/> Alcohol swab | <input type="checkbox"/> Extraction needle | <input type="checkbox"/> Band-aids |
| <input type="checkbox"/> Prescription bottle | <input type="checkbox"/> Injection needle | <input type="checkbox"/> Comfort items & |
| <input type="checkbox"/> Syringe | <input type="checkbox"/> Sharps container | snacks |

• PART 2 – Preparation

1. Sanitize:

Wash your hands with soap and water. Sanitize the injection site on your skin with an alcohol pad in a cyclical motion moving from the centre out and let dry. Sanitize the crown (metal and rubber top) of the testosterone vial with a second alcohol pad.

2. Prepare Syringe & Needle for T extraction

Open a new syringe package and extraction needle package. The extraction needle is used to take testosterone out of the bottle and is typically thicker than your injection needle. Open packages at the end where they will attach and leave the packaging on (at the top of the syringe and bottom of the needle packaging); this will keep your supplies sanitary.

Grasp the needle & syringe where they are covered by the packaging and screw the extraction needle into the syringe.



3. Extract Testosterone

Once you're ready, take the lid off the extraction needle. Pull the syringe down to your prescribed injection amount (to fill with air) & tilt the Testosterone bottle upside down so the fluid moves to the top of the bottle. Insert the thicker needle into the top of the testosterone bottle (the grey plastic) so the needle is submerged. Push the air into the bottle & then pull the plunger down so the fluid fills the syringe to the prescribed amount (the measurements are indicated on the side of the syringe). Once that is done you can pull the bottle off the needle.

4. Switch to injection needle

The thinner needle is used for injecting testosterone. The most effective way to inject is to leave the syringe pointed upwards and pull the plunger down to allow a small amount of air to fill the syringe; this ensures that the T won't spill when the needle is taken off. To remove the extraction needle, first cap and then unscrew it; place the removed needle directly into your sharps container. Open the injection needle packaging and screw it into the syringe like the extraction needle. The needle does not have to be screwed in very tightly- sometimes this makes it uneven with the syringe- it just must be secure. Usually this takes about two turns of the needle. Take the packing and needle cap off. Note, if your needle and syringe are not the "screw on" variety, the needle must be very tight on the syringe to ensure it does not "pop off" during injection.

5. Get rid of any bubbles

THIS IS THE MOST IMPORTANT STEP

Flick your syringe until all the bubbles have floated to the top and released. Push the plunger until a small drop of T comes out the top of the needle.

Note: When you get to the last of the T in the bottle it sometimes looks like there are more bubbles in the container. Similarly, if the T has been shaken or flicked too much, it causes small bubbles to appear. At this point, the T just needs some time to settle.

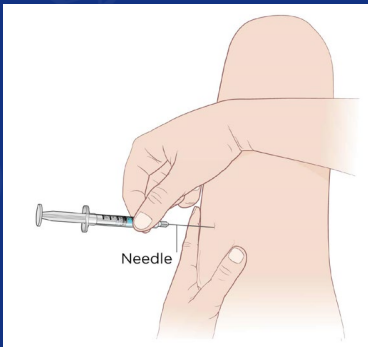


• PART 3 – Injection

Now you are ready for the injection; this may be done intramuscularly (in the muscle) or subcutaneously (in the fat).

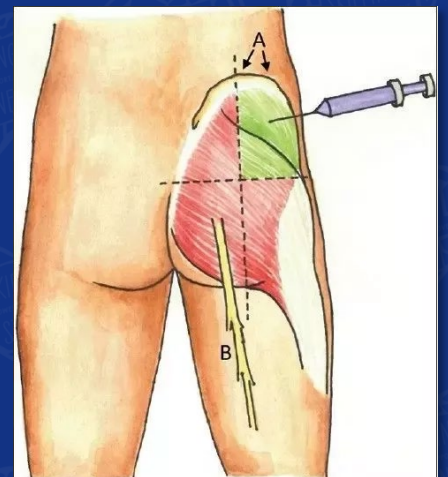
6a. Intramuscular (IM) injection

There are two commonly used places or sites you can do your intramuscular shot on yourself; in the thigh or in the butt.



The thigh is the most popular site, and easiest to do by yourself. When injecting into the thigh, lightly pinch about an inch of your sanitized skin, around the area you want to inject. Insert the needle and then relax the skin you were pinching. Remember to relax your muscles; if you are tense, it will hurt more. Try giving yourself a massage first.

You may also want to do your shot in the hip or bum area. These spots work well for folks who have help available. When you are doing your shot in the bum you will need assistance until you get comfortable with the area. Have someone divide the bum cheek into quadrants by drawing a line from the top of the bum crack to the hip, then draw a second line down the center of the butt cheek. The top right quadrant is the only place you can do that shot safely.



6b. Subcutaneous (SubQ) Injection

Subcutaneous injections are done in the fatty tissue of the lower stomach/ hip area. Pinch the skin and insert the needle, at a 45 degree angle.



7. Blood Test

Once you have injected your needle, pull back on the plunger slightly to check if you are in a vein; this action is called aspirating. If blood comes back into the syringe, remove the needle, and try a different area, remembering to aspirate again. If when you pull back the bubbles are clear, you are good to inject. Do not worry about any bubbles in the Testosterone at this point. Anything you take from the body, can go back.

8. Injection

Push the plunger in to inject the Testosterone and remove the needle. It is normal for some bleeding to occur or if some T leaks out. Apply pressure until it stops. Excessive bleeding means that you nicked a vein, this will heal on its own. Dispose of your needle by capping and unscrewing it from the syringe and putting it in the sharps container. Doctors prefer you put the syringe in the sharps container as well.

9. After Care

Put a fun band aid over your injection site. Fun band aids lighten the mood and are FUN! It is normal to feel a dull ache at the injection site. It can be alleviated by massaging the area and should go away over time. If it does not, call your doctor or 811 for advice or go to the nearest walk-in clinic. If you are anxious or sensitive to needles, have some snacks and juice to replace your sugar level which has been depleted from stress.

• PART 4 – Resources

<http://transoutloud.com/transgender-hrt-self-injection-guide-ftm/>

More information on safety: <https://www.healthline.com/health/intramuscular-injection>

A video Tutorial: <https://www.youtube.com/watch?v=e0wDPZ0D9Wk>

Guide to Subcutaneous (into fatty tissue) injection: <http://www.bcchildrens.ca/rheumatology-site/Documents/HowToGiveYourselfASubcutaneousInjection.pdf>

