

# HOME TESTOSTERONE INJECTION DIRECTIONS



## **DAILY SUB -Q:** (see images on next page)

1cc syringe with 25g 5/8" needles

Vial of testosterone

Alcohol to clean skin

Bandage

Sharps container (sold by pharmacy)

Your dose will be \_\_\_\_\_

## **INJECTION PREP:**

### **WHOLE VIAL OR MONTH DRAW UP:**

- 1) Remove needles from all syringes except 1, pull plunger back to correct dose with needles off.
- 2) Take saved syringe, pull plunger back to 1cc.
- 3) Pierce needle into vial, inject air, then draw up whole vial of testosterone, with the full syringe place the needle down into empty syringes and fill to prescribed dose.
- 4) Replace capped needles onto syringe (this technique has less waste, allows a sharp new needle for each injection, and avoids dose mistakes).

### **DAILY DRAW UP:**

- 1) Clean vial with alcohol every time you draw from it.
- 2) Pull back syringe plunger to amount you will draw up.
- 3) Pierce needle into vial, inject the air, pull out prescribed dose.

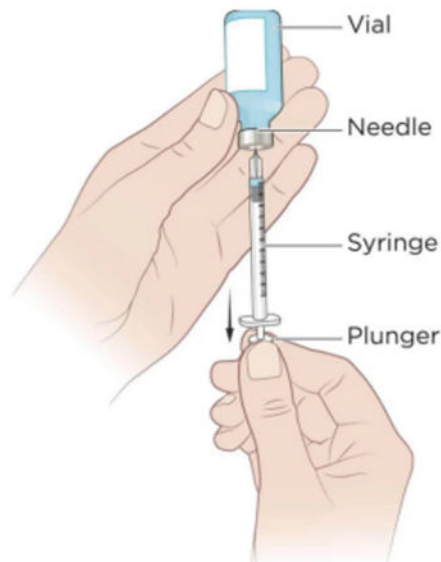
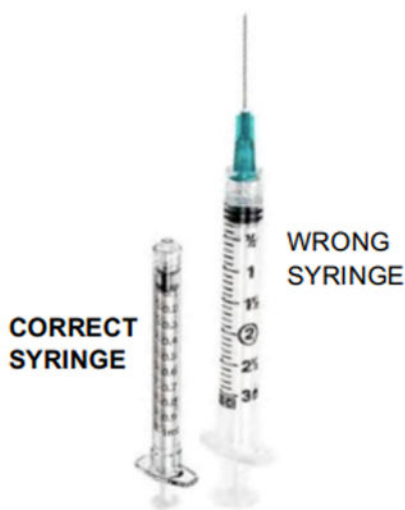
## **HOW TO INJECT:**

- 1) Wash your hands
- 2) Get all supplies for injection
- 3) Draw testosterone from vial (if not previously done) and place cap back on after taken up.  
(use single syringe daily technique or whole vial/month technique as explained above)
- 4) Choose injection site and clean: best option is abdomen, stay away from the umbilical area, make sure you are rotating injection site each time. Clean injection site with alcohol, let dry.
- 5) Pinch skin and insert needle to the hub, pull back to verify no blood, if blood pull out slightly before injecting testosterone.



## COMMON ERRORS:

- Not having the correct needles and syringes. **MUST MAKE SURE** pharmacy dispenses what was prescribed 1cc syringe with 25 g 5/8' needles. **No** other sizes will work.
- Drawing up more than prescribed because of the seen waste.  
**DRAW UP ONLY WHAT PRESCRIBED**, the prescribed dose already has the "waste" calculated in.
- Drawing up 1.0cc not 0.1cc



BELOW USED BY PHYSICIAN  
TO MARK YOUR DOSE

