

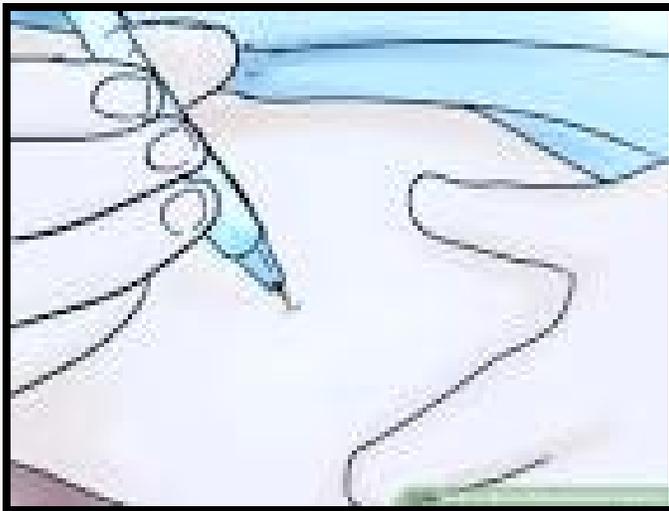
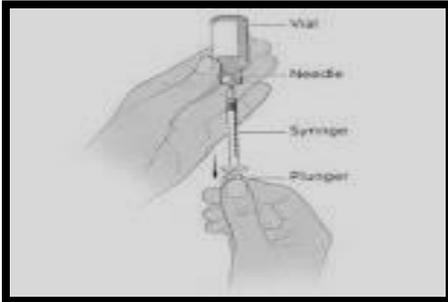


## Giving the Subcutaneous Testosterone injections

### Dose

### Product

1. Thoroughly clean your workspace ( table, counter) and then collect the supplies you will need
  - Testosterone vial
  - insulin syringe
  - 1 or 2 alcohol or chlorhexidine swabs
  - sharps container
  - sterile gauze
2. Warm the vial and the syringe for 5 minutes under your armpits. This makes the testosterone less viscous or thick and allows it to be removed more easily. This is an important step not to be missed.
3. Wash your hands
4. With an alcohol swab clean the rubber stopper on the top of the vial for 15 seconds and allow to dry.
5. Open your sterile gauze package by peeling back the paper and lying it down flat on the table, try not to touch the inside of the package.
6. Remove the white cap from the plunger of the end of the syringe by twisting and pulling it off. You do not need this cap any longer
7. Push the plunger of the syringe to release the air vacuum and ensure the plunger is functioning. Be careful that you do not pull the plunger out of the syringe
8. Remove the orange needle cap carefully by pulling it off with your fingers at the end of the cap. Place the cap in a clean area, such as on the sterile gauze package
9. Insert the needle into the rubber stopper in the center of the vial.
10. Reverse the vial while keeping the syringe in place. You can cradle the vial in your hand, this may help you keep the syringe straight and avoid bending the needle.
11. Pull the plunger 5 units at a time allowing the testosterone to fill. Continue to fill the syringe until you are 2 lines passed the prescribed dose.
12. Remove the syringe from the vial and hold the syringe straight up. You can flick or tap the syringe to line up the small air bubble with the top of the needle. You can do this by hitting the bottom of the syringe away from the needle.
13. Push the plunger to remove the air and stop at the prescribed dose. Make sure to take the right dose of testosterone.
14. Cover the needle with the orange cap, making sure not to touch it. Place it on the gauze while you clean your skin



### Giving the injection

1. Choose your injection site. The abdomen is a great place. Make sure to move away from the belly button of at least 5 cm. Another great place you can use, are your thighs.
2. Clean the site in a circular fashion using a clean facecloth with soap and water. You can use an alcohol swab but this can be damaging to your skin over time.  
Allow to dry (10 seconds).
3. You can grasp a handful of skin (subcutaneous tissue) using your thumb and fingers. Make sure your injection site is in the middle
4. Insert the needle at a 90 degree angle.
5. Inject testosterone by pushing the plunger slowly. When you have finished injecting, count to 5 before removing the needle from our body.
6. Remove the needle and, without recapping, discard the syringe into the box of sharps container.
7. Remember to always give the injection on the same day of the week