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Testosterone Self-injection Instructions

Things You'll Need

- Syringe - usually a 1 or 3 cc syringe
- Clean needles – Draw up the testosterone with an 18 Gauge needle, inject with a 22 or 23 gauge 1 inch needle
- Testosterone – this comes in a one or 10 cc vial and should be 200mg/cc or ml
- Sharps container, cotton gauze

Instructions:

- Wipe the top of the vial with a clean alcohol pad. Testosterone generally comes in small glass vials with rubber tops.
- Use a brand new, unused needle. You should use a new needle for each injection. Never use a contaminated needle.
- Pull down on the syringe's plunger, placing air inside it. Keep the air inside equal to the amount of testosterone you'd like to place in the syringe.
- Hold the vial upside down and pierce the vial's top with the needle. Push down on the syringe's plunger, pushing the air in it into the vial. Now, pull down on the syringe's plunger to draw the testosterone into the syringe. Remove the needle from the vial.
- Clean the body area you will inject with an alcohol swab. While shoulders, upper arms and chests can be used as injection sites, the rear end and the thigh are the most commonly used sites.
- Relax the body part where you'll be injecting the testosterone.
- Pierce the needle into the area at a 90 degree angle. Plunge it deep into the skin, all the way to the needle's base. You must penetrate into muscle with your injection.
- Pull back slightly on the syringe's plunger. No blood should enter the syringe. If any blood does enter, you have hit a blood vessel and need to inject in a different area.
- Press down on the syringe's plunger to inject the testosterone into the muscle.
- Remove the needle quickly. Apply firm pressure to the injection site, using a cotton pad. You can cover the area with a bandage if you wish.
- Dispose of the needles in a sharps container. You can pick one up at the pharmacy.