

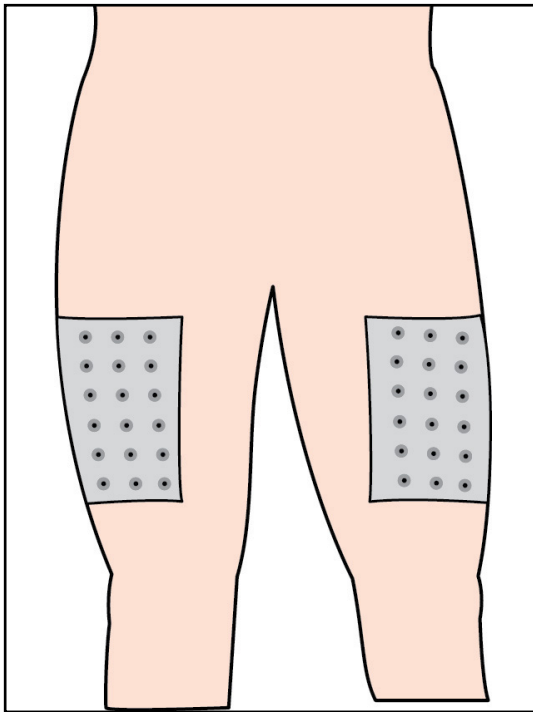
How to Give Intramuscular Testosterone Injections (Shots)

Intramuscular Injections

You will need to give the testosterone injections (shots) into a thigh muscle. Rotating your left and right thighs will help prevent your skin from getting too irritated.

Follow your health care provider's schedule for when to give injections.

Keep a journal of your shots. Write down the date, time, injection site, and any reactions you have. (See page 4 for an example.)



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The areas of your thighs to give shots.

Getting Ready for Your Injection

- Take your medicine out of the refrigerator. Look at the vial to make sure nothing is wrong.
 - Check to make sure the vial is not damaged.
 - Check the expiration date.
 - Look for anything floating in the vial.
 - Look for an odd color to the medicine.If you find something wrong, get a new vial and call your pharmacy.
- Let the vial warm up to room temperature (about 20 minutes).
- Gather your supplies:
 - syringe and needle
 - medicine vial
 - alcohol wipe or a cotton ball and rubbing alcohol
 - sharps container.
- You can apply an ice pack or gel pack on the injection site.
 - Put the pack in its sleeve or light towel before putting it on your skin.
 - Do this **before** you clean your skin with the alcohol.
- Wash your hands well with soap and water and dry them with a clean towel.

(over)

Giving Your Injection

1. Carefully clean the injection site with an alcohol swab or cotton ball and rubbing alcohol. Let the area air dry.
2. Take the cap off the vial.



3. Using friction, wipe the top of the vial.



4. Take the syringe out of its package.
5. Pull the plunger to draw air into the syringe. The amount of air should equal the amount of testosterone being drawn up. Take off the needle cover.

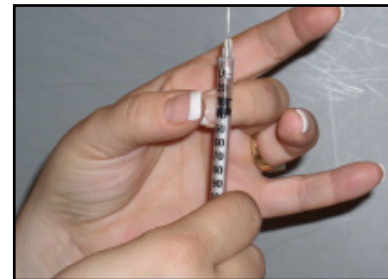


6. Put the vial on a counter or flat surface. Gently insert the syringe through the rubber stopper.

7. Hold the bottle and syringe in one hand. Keep the top of the needle in the bottle. Turn it upside down. You may need to adjust your needle to keep it in the solution. Use your other hand to move the plunger back to draw the dose into the syringe. Use the exact dose prescribed.



8. Check the syringe for air bubbles. Push the plunger up so the medicine goes back into the bottle. Redraw the dose. Tapping the syringe with your finger may help the air bubbles go to the top of the syringe. If bubbles stay at the top, push the plunger to remove bubbles.



9. Pull the bottle off the needle and check your dose. Cover the needle tip with the needle guard or put the syringe down on a sterile surface, like on a sterile gauze. Make sure the needle does not touch anything.



10. Relax. Position the syringe so it's at a 90-degree angle (straight) into your injection site.
 - To give a shot into your thigh, sit down in a chair with your knees bent and feet flat on the floor.
 - Place 1 hand on your upper thigh with your thumb resting on your hip bone.
 - Place your other hand on your lower thigh with your pinky finger resting on the top of your knee. You will give the shot in the area between your hands.
 - Firmly spread the skin around the injection site.
11. Hold the syringe the way you would a pencil, about 2 to 3 inches away from the skin. With the needle pointed right at the skin, insert the full length of the needle with a quick dart-like motion. Press the plunger to give the medicine. Release the skin.
12. Pull the needle straight out and put light pressure on the injection site.
13. Put the syringe and needle into a sharps container. (See page 4 to learn more.) Do not wrap the needle and throw it away in the regular garbage.
14. Cover the injection site with a clean piece of gauze. Apply a small amount of pressure until the bleeding stops.
15. Do not rub or put lotions, creams, ointments, or powder on the area.

What to Do if You Forget a Dose or Can't Take it as Scheduled

Use the best method for you to remember to give your scheduled injections: phone alarm, written or digital calendar, or bullet journal.

- If you forget or can't take a dose as scheduled, take it as soon as you can.
- Call your health care provider if it has been more than 2 days.
- **Do not double up on missed doses unless your health care provider tells you to do so.**

Traveling With Your Prescription

- Plan ahead for vacations. Call your pharmacy to refill your prescription, if needed.
- If you are flying:
 - Ask your health care provider for a letter confirming your need to carry syringes on board.
 - Pack all of your supplies in a carry-on bag.
- When you reach your destination, keep opened vials in a refrigerator.
 - If this isn't possible, pack extra vials and throw them away after each use.

Prescription Refills

- Use one pharmacy to get your refills.
- Have at least a 1-week supply of your medicine(s) before you need to order a refill.
- Allow extra time for refills if you use a mail order pharmacy.

When to Call Your Health Care Provider

Call your health care provider if you:

- develop a rash, redness, or inflammation (swelling) at the injection site
- have soreness that lasts more than a couple of days or is painful to the touch
- develop a fever of 101 F or higher after the injection
- have any questions.

Sharps Containers: What You Need to Know

Getting rid of sharps

Properly throwing away used sharps is important to keep your family and community safe. This prevents adults, children and pets from finding and being harmed by them.

How to store sharps at home

You will need to have a special container to store your used sharps at home. You can:

- buy a sharps disposal container from your pharmacy.
- make your own container. Visit [fda.gov](https://www.fda.gov) and type “sharps disposal container” into the search box for directions.



Source: Minnesota Pollution Control Agency

When storing sharps at home:

- Keep your sharps storage container in a place where children and pets can't reach it.
- Follow any directions from your county drop-off site or mail-back programs.

How to get rid of your sharps

When the container is three-quarters ($\frac{3}{4}$) full:

- take it to your county drop-off site **or**
- send it to a mail-back program (for a fee).

Allina Health clinics do not accept sharps. Do not bring them to your clinic.

Whom to call with questions

- Call your city or county government's household trash and recycling service to learn where to drop off your disposal container.
- Visit these websites to learn more:
 - Minnesota: visit pca.state.mn.us.
 - Wisconsin: visit dnr.wi.gov.

Track Your Injections

Keep a short journal of your injections. This will help you rotate your injection sites, stay on schedule, and note any reactions. Tell your health care provider if you are having any issues or concerns.

Date	Time	Site	Reaction
Aug. 6	6:30 p.m.	left thigh upper	mild soreness
Aug. 7	6:45 p.m.	left thigh lower	mild redness and soreness
Aug. 8	6:35 p.m.	right thigh upper	mild soreness
Aug. 9	6:30 p.m.	right thigh lower	mild soreness