

## How to Inject Testosterone

### About the hormone:

- Testosterone ("T") is mass-produced as hormone suspended in cottonseed oil, but may also be handmade at a compounding pharmacy in sesame oil.
- Know your dosage! The number of mL or cc you inject will depend on the strength of your T. (mL is the same as cc.) Testosterone is available as 200 mg/mL or 100 mg/mL.

If your dosage is...	And vial says 200 mg/mL, inject...	And vial says 100 mg/mL, inject...
50 mg weekly	0.25 mL	0.5 mL
75 mg weekly	0.38 mL	0.75 mL
100 mg every 1 or 2 weeks	0.5 mL	1 mL
200 mg every 2 weeks	1.0 mL	2 mL (1 mL each, in 2 different sites)

### About the site:

- T must be injected into a large muscle - not into fat (and not into a blood vessel). This is because it will sit in the muscle and slowly absorb into the bloodstream over the course of a week. If it is in fat, it may never get into the blood. If it is in a blood vessel, you will get a huge blast all at once.
- Most people inject in the upper-outer thigh muscle. Another choice is the upper-outer buttock.

### About the needles:

- Needles screw onto syringes with what is called a "Luer lock" that keeps them from popping off under pressure. Larger gauge needles are denoted by smaller numbers, and vice-versa.
- The T solution is thick. Use a larger gauge needle (usually 18 to 23) to save time in drawing up the injection.
- Use a smaller gauge needle to inject (usually 25), to prevent the T from leaking back out through the puncture.
- The injection must be deep in the large muscle, so the needle must be long enough to pass through skin, subcutaneous tissue, and fat. Average-sized people will usually use a 1-inch or 1.25-inch needle. People with more body fat will want a 1.5-inch needle.
- To prevent injuries to sanitation workers, needles must be disposed of safely. Red plastic "sharps" containers are preferred, and should be obtained from your pharmacy. If you do not have a sharps container on hand, use a plastic bottle that cannot be punctured (example: empty bleach or laundry-soap bottle). Cap the bottle and write "SHARPS" on it. Take the bottle to a doctor office or pharmacy for disposal. Keep out of reach of children.

### Get ready:

1. Wash your hands.
2. Lay out your supplies on a clean surface. (Vial of T, alcohol wipes, syringe, drawing and injecting needles with their wrappers open for easy access.)
3. Sit down and get comfy.

### Get set:

1. Wipe the top of the vial with alcohol.
2. Wipe the injection site with alcohol - get it clean, and keep it clean (don't touch the site before injecting).
3. Fasten the large-gauge drawing needle to the syringe. Pull back the plunger to draw 1 mL of air into the syringe.
4. Up-end the vial and insert the needle. Push the air into the vial. Now slowly draw up your dosage. You may need to 'pump' the syringe to get a complete fill.
5. Carefully cap the needle and unscrew it from the syringe. Now put the smaller-gauge injecting needle on the syringe.

### Go:

1. Insert the needle into the skin, perpendicular to the skin surface). Fast, slow - it doesn't matter. The needle must go in at least 1 inch, depending on your body type (through skin and fat, deep into the muscle).
2. Draw back a little on the plunger to make sure there's no blood. If there is, either push the needle in deeper (past the blood vessel) or remove the needle, choose another site, clean the skin, and repeat.
3. Holding the syringe steady, inject the testosterone slowly.
4. When you are done, pull out the needle, recap it, and dispose of both needles in a sharps container.

### Instructional videos (Note: Dr Leigh takes no responsibility for the contents):

Self-injection: <http://bit.ly/157kH2u>

How to inject someone else: <http://bit.ly/10S0IDl>

Updated 4/2013 by Leigh Saint-Louis MD