

# SUBCUTANEOUS (SC) TESTOSTERONE INJECTION



**Patient name:**

**MRN:**

**DOB:**

**Diagnosis:**

**Date of prescription:**

Dear Guardian,

Your child has been prescribed injectable testosterone cypionate at a dose of \_\_\_\_ mg (\_\_\_\_ mL) to be given subcutaneously (in fat tissue) every \_\_\_\_ week(s). Here is some information about what to expect.

## SUPPLIES NEEDED:

1 mL syringe (Slip-tip or Luer-Lok)

18 Gauge needle

25 G 5/8 -inch needle

Isopropyl alcohol (rubbing alcohol) pad or soaked cotton balls

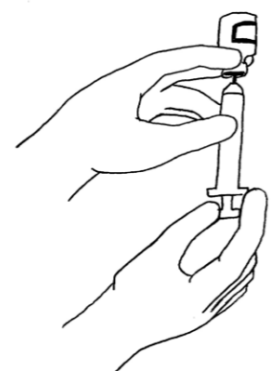
Band aid

Medication vial

Sharps container or hard plastic container for the used needles/syringes

## DRAWING UP THE MEDICATION:

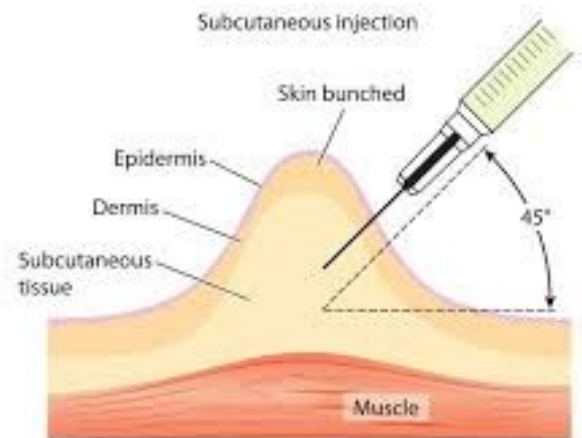
1. Wash hands for 30 seconds with warm soapy water, dry with a paper towel.
2. Check that medication is correct (right dose and right strength)
  - a. Make sure the vial is not past the expiration date.
  - b. Record the date of the first dose on the label.
  - c. Each vial is good for 28 days. Do not use the same vial after 28 days of the first puncture/entry into the vial.
3. Warm the vial and syringe in your hands for about 10 minutes before drawing up the medication.
4. Clean top of vial with alcohol (pad or cotton ball soaked in alcohol) by rubbing continuously for 20 seconds and allow it to dry for 10 seconds.
5. Attach the **18-gauge** needle to the syringe. This is the longer needle.
6. Remove the needle protector (cap). Do not let the sterile needle touch anything.



7. Pull back the plunger of the empty syringe, drawing up the amount of air equal to the amount of medication that will be removed from the vial.
8. Insert the needle into the rubber stopper on top of the bottle.
9. Push (inject) the air into the vial.
10. Turn the vial-needle-syringe upside down and make sure the tip of the needle stays in the liquid (not air).
11. Pull down very slowly on the syringe plunger and draw up the medication into the syringe.
12. While the needle is in the liquid, look for large air bubbles. Remove them by pushing them back into the bottle. Recheck that you have the correct amount of medicine before you remove the syringe from the bottle. **Note:** the medication is very thick, and it may take a minute or two to draw out the correct amount of the medication.
13. Pull the plunger back slightly so that there is no medication left in the needle.
14. Twist and remove the covered 18-gauge needle and attach the smaller **25-gauge 5/8- inch** needle onto the syringe.
15. Keep the syringe upright with the needle on top and push out any air bubbles.

## GIVING THE INJECTION:

1. Choose a site for the injection. It should be anywhere on your abdomen, lower back or thigh where you can find enough fatty tissue. It is important to rotate the sites for injections.
2. Wash your hands with soap and water for 30 seconds, dry with a paper towel. Gather your supplies.
3. Use an alcohol prep pad to clean the area you have chosen for the injection (shot). Clean well for 20 seconds, and let it air dry for 10 seconds. Do NOT blow on it.
4. Remove the cap from the needle and hold the syringe like a pen.
5. Lightly pinch about 1 inch of the skin with your other hand.
6. Insert the needle into the skin at a 45-degree angle
7. Push down on the plunger to inject all of the medication. It may take a few seconds to inject completely since the medication is very thick.
8. Count to 10 seconds (to allow the medication to absorb), let go of the skin, and gently remove the needle. DO NOT try to put the cap back on the needle.



9. Throw away the syringe and cap in your Sharps container. DO NOT throw them away in your regular trash can.
10. Cover the site immediately with a cotton ball or gauze to prevent medication from leaking out.
11. Apply band aid, if needed.
12. Record the date and time of injection on the testosterone bottle.

INSTRUCTIONAL VIDEO AT CHLA WEBSITE: <https://vimeo.com/431966606>

## Frequently Asked Questions (FAQs):

### What body changes are expected after starting Testosterone?

Body changes expected (desired) include increased body and facial hair, deeper voice, enlargement of the penis, increased muscle mass, increased energy, and body fat redistribution. You may not notice any of these for the first few months. Typical starting doses are fairly low in order to copy changes we usually see just before true puberty. Physical changes start slowly as the doses are increased, and it may take 2-4 years to see the full effect.

### How do I store the medication?

- Keep this medication and your supplies at room temperature.
- Avoid extreme temperatures such as a hot car or checked baggage on an airplane.
- Avoid areas of the home that may experience increases in temperature, such as the kitchen or bathroom.
- Keep the medication out of direct sunlight.
- Testosterone cypionate injectable vials should be thrown out after 28 days of use.
- Proper cleaning of the rubber top with isopropyl alcohol will prevent bacterial contamination (20 second scrub with an alcohol pad and let it dry for 10 seconds prior to use).

### When is the best time of day to give this medication?

Testosterone is best injected right after a shower.

### Where do I put my Sharps?

<https://dpw.lacounty.gov/epd/hhw/Sharps>. This site provides information on what containers can be used to make home Sharps containers and provides the locations of Sharps disposal sites. You can also contact your local pharmacy and ask where you can dispose of Sharps waste

### Can I travel on an airplane with the medication?

- Place the medication (keep in the box it came in), syringes, and needles in a quart zip-top plastic bag. Show the TSA agent when going through security.
- Request a letter from your doctor stating that you/your child has been prescribed this medication.
- Keep this with your medication while traveling

## Endocrinology Clinic

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Approved by PFE 2/14/22

## What are some potential side effects?

Side effects are extremely rare. Some changes that may happen are:

1. Skin rash at site of administration (notify your provider, an alternative testosterone formulation or route may be indicated).
2. Mood changes
3. Libido changes/ increase erections
4. Acne
5. Increased blood pressure, red blood cell count, LDL cholesterol, triglycerides. (Your doctor will monitor for these)
6. Headaches that wake up the patient from sleep or really severe headaches (please seek medical attention)
7. Liver dysfunction (if taken improperly or pre-existing liver disease)