

# TRT PEP

## How to Administer a Testosterone Intramuscular (IM) Injection

**Dosage:** ½ mL twice a week for 10 week

### **Step 1: Gather Your Supplies**

- Testosterone vial
- Disposable syringe with needles: an 18G x 1½ inch needle for drawing up the medication, and a 25G x 1 inch needle for injection
- Alcohol swabs
- Puncture-proof disposal container (available on Amazon, or you can recap all needles and drop them off at our office)

### **Step 2: Locate the Injection Site**

**Target Muscle:** Gluteus Maximus (buttocks)

To find the correct injection site, mentally divide each buttock into four quadrants. The injection should be administered in the upper outer quadrant (as indicated by the X on the diagram), near the hip bone.

### **Step 3: Prepare the Injection**

- Remove the cap from the vial and clean the rubber stopper with an alcohol swab. Allow it to dry.
- Inspect the syringe packaging; do not use the syringe if the package is damaged or opened.
- Remove the cover from the 18G x 1½ inch needle. Draw air into the syringe by pulling back the plunger to the ½ mL mark. Avoid touching the needle to any surfaces.
- Inject the air into the vial by pushing the plunger down. With the needle still in the vial, turn the vial upside down so the liquid covers the needle tip.
- Slowly pull back the plunger to draw ½ mL of medication into the syringe.
- Check for air bubbles in the syringe. If present, tap the syringe gently to move the bubbles to the top, then push the plunger slightly to expel them.
- Once air bubbles are removed, ensure the correct dose is in the syringe. Remove the 18G needle and replace it with the 25G x 1 inch needle.
- Double-check that you have the exact dose prescribed by your doctor.

# TRT PEP

## Step 4: Administer the Injection

- Clean the injection site with an alcohol swab and let it air dry.
- Firmly hold the skin around the injection site.
- Insert the needle into the muscle at a 90-degree angle with a quick, firm motion.
- Release the skin and pull back slightly on the plunger to check for blood. If blood is present, do not inject the medication; remove the needle immediately. If no blood is seen, slowly inject the medication.
- After injecting, remove the needle and apply gentle pressure to the site with an alcohol swab until bleeding stops. You may apply a bandage if needed.

## Tips to Reduce Injection Pain

- Use medication at room temperature.
- Remove all air bubbles before injection.
- Allow the skin to dry after using alcohol swabs.
- Keep the injection area muscles relaxed.
- Insert the needle quickly and smoothly.
- Avoid changing the needle's direction during insertion or removal.
- Never reuse disposable needles.

## Sharps Disposal Instructions

- Dispose of needles in a plastic "Sharps Container" available on Amazon.
- If you don't have a container, recap the needles, store them in a bag, and drop them off at our office for proper disposal.

**Note:** Improper disposal of syringes and other sharp objects can pose health risks and harm the environment.