



Urological Associates, P.C.

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Testosterone at Home Guide

Your provider has allowed you to self-administer testosterone in the comfort of your own home.

It is extremely important you carefully follow your provider's instructions. Improper use or administration of testosterone can lead to complications, some of which are very serious.

To successfully administer testosterone at home you will need the following:

- Testosterone medication
 - Please see the end of this document for important information on proper handling of vials.
- 3mL syringe
- 21G or 22G 1-1.5 inch length needle, for administering
- 18G needle, for drawing up the testosterone
- Alcohol swab
- Adhesive bandage (Band-Aid®), optional
- Sharps container for disposal
- Clean work area - counter top

1. Gather your supplies.
2. Wash your hands.
3. Inspect the testosterone:
 - a. Do not use if expired.
 - b. Do not use if you can see particles in the solution.
 - c. Do not use if it is discolored - it is normally clear to pale yellow.
4. Assume a comfortable position:
 - a. Make sure your thigh is relaxed.
5. Remove the dust cap from the vial (first use only).
6. Clean the top of the vial with an alcohol swab - swipe three times in the same direction, allow to air dry (~10 to 15 seconds).
7. Use the 18G needle to draw up the prescribed dose of testosterone.
 - a. You might have to remove the smaller needle (21 or 22G) from the syringe and attach the 18G needle to the syringe - depends on your supplies.
 - b. Needles and syringes connect with a lure lock - twist until resistance is met, about 1/2-3/4 of a turn.
 - c. Your dose of testosterone is _____.
8. The cover on the needle simply pulls off - no twisting require. With the cover off the 18G needle, pull back on the plunger of the syringe to draw air into the syringe. Pull back until the amount of air in the syringe equals the amount of testosterone prescribed in mLs.
 - a. For the vial to function safely, an equal amount of air needs to replace the volume of the testosterone removed.

9. When entering the vial, use the following steps to reduce the risk of coring the vial stopper.
 - a. With the bevel of the needle facing up, start inserting the needle at a 45-60-degree angle.
 - b. While applying a slight amount of pressure, slowly increase the angle of insertion to 90-degrees.
 - c. The goal is to have the needle enter the vial (pass all the way through the vial stopper) at a 90-degree angle.
 - d. If you access the vial twice, insert the needle anywhere in the small circle in the middle of the vial stopper using the technique described above.
10. Inject the air into the vial by pushing down on the plunger.
11. Next you will need to turn the vial over, making sure the needle stays in the vial.
12. With the end of the needle in the testosterone oil, slowly pull back on the plunger to fill the syringe to the correct dose (match the mLs).
 - a. Testosterone is thick. It might take some back and forth with the plunger to get the correct dose.
 - b. Tiny air bubbles in the testosterone can be flicked out with your finger prior to administration.
13. Once you have the correct dose, turn the vial right side up, and remove the needle.
14. Pull back slightly on the plunger to remove any testosterone in the needle.
15. Carefully remove the 18G needle and dispose into sharps container.
16. Twist on your administration needle (21 or 22G 1.5 inch).
 - a. The needle attaches with a lure-lock; turn until snug.
 - b. Remove any air in the syringe that was created in step 12 or 14.
17. Next, gently clean the outer portion of your mid-thigh with an alcohol swab and allow it to completely air dry.

****See IM Injection Site section for proper location.****

18. Insert the needle into the muscle at a 90-degree angle.
 - a. Use a quick and firm motion - similar to a 'stabbing' motion.
19. Check for blood by aspirating slightly.
 - a. To aspirate: use your free hand (NOT the one holding the syringe) and pull back slightly on the plunger; if you have inserted the needle into a blood vessel, even a slight pull back on the plunger will draw blood into the syringe.
 - b. If you see blood, STOP. Withdraw the syringe. Discard the testosterone and call the office.
 - c. If no blood is seen, proceed to the next step.
20. Slowly inject the entire dose of testosterone into your muscle.
 - a. You may feel some pressure or burning, this is normal.
21. Once all the medication has been injected, remove the needle at the same angle you inserted it (90 degrees).
22. Dispose of syringe and needle into sharps container.

****Do NOT reuse any of the needles/syringes.****
23. Apply adhesive bandage if necessary.
 - a. Injections do not always bleed.

IM Injection Site

Use the Vastus Lateralis muscle.

This muscle is located on the lateral (or outside) portion of your thigh

While looking at your thigh, horizontally divide it into three equal parts.

You will use the lateral middle third section for your injection.

To locate the proper location, take the hand opposite the injection leg, and put the heel of your hand on the femur bone (this is the bone that makes up your thigh). Next separate your first finger from your second (middle) finger, forming a V shape. In the middle of the V is the proper injection site.

After you have located the proper insertion site, please refer back to step 18 for proper injection technique.

Points to Remember:

Timing: Administer your testosterone the same day of the week. We encourage you to do it the same time of the day, however, anytime during the same day of the week is acceptable.

- It's VERY important to keep your scheduled follow-up lab and office-visits. For insurance purposes, your labs must be drawn in the morning, preferably before 1000 AM.
- If you take your testosterone weekly, please make sure your lab draw is done 1 -2 day before your next injection and 5-7 days before your scheduled follow-up.
- If you administer your testosterone every 2 weeks, please have your lab draw 7-10 days after your last injection and 5-7 days before your scheduled follow-up.
- Alternate between your thighs/injection sites. Repeated injections into the same location can lead to discomfort and scaring.

Vial Specific Considerations:

- Prior to accessing the vial, clean the vial stopper thoroughly with alcohol and allow to completely air dry.
 - A 'single-dose' vial can be used **TWICE**.
 - Keep in refrigerator between uses.
 - Remove vial ~30 minutes prior to injection, allowing it to warm up to room temperature.
 - After warming up, shake the vial to ensure no crystals are present.
 - Do NOT use testosterone if crystals are present.

Tips for reducing injection discomfort:

- Remove air bubbles from the medication.
- Allow the skin to completely dry after cleaning with alcohol.
 - Keep your thigh relaxed during injection.
- Use a quick motion for insertion, slower = more discomfort.
 - Do not change the direction of the needle at any time.
 - Do not reuse needles.

Proper Disposal of Sharps

It is VERY important to properly dispose of your needles and syringes. Improper disposal can pose a health risk to you and others along with negatively affecting the environment.

Do NOT place needles or containers with needles into the garbage or recycling.

Scott and Rock Island counties have a FREE sharps disposal program through the Waste Commission of Scott County.

An appropriate container can be picked up/exchanged for a new one at either:

Scott Area Recycling Center - Household Hazardous Material Facility
5640 Carey Ave., Davenport

or

Scott County Health Department
600 W. 4th Street, 4th Floor, Davenport

Go to wastecom.com and look under Residential Medical Sharps for more information.