



Testosterone Injection Instructions

Step One: Gather Your Materials

First, you should get your materials together. You will need:

- Your testosterone prescription vial
- Fresh alcohol wipes
- A new syringe
- A new drawing needle
- A new injection needle
- A Sharps container to safely throw away your injection materials

Step Two: Clean and Sanitize

Before injecting the testosterone, wash your hands thoroughly for at least 20 seconds with soap and water. You should also use an alcohol wipe to sanitize the top of the testosterone bottle.

Make sure to use a new drawing needle, new injection needle, and new alcohol wipes each time.

Step Three: Draw Your Testosterone to the Correct Dose (*Your provider will determine dosage*)

Unwrap your syringe from the packaging and attach the drawing needle to the syringe. Make sure you don't touch the needle or the syringe to anything else – this helps avoid contamination.

Pull the syringe down to the appropriate dosage. Then pierce the rubber ring of your testosterone prescription vial with the drawing needle. Press the plunger of the syringe to push the air into the testosterone vial.

Invert the vial (hold it upside down) and pull the testosterone into the syringe to the appropriate dosage. Remove the needle from the vial.

Step Four: Switch From the Drawing Needle to the Injection Needle

Recap the drawing needle. Then remove the drawing needle from the syringe and replace it with the injection needle. The injection needle should be new and in its protective packaging.

Once again, do not allow the syringe or the needle to touch anything in order to avoid contamination.

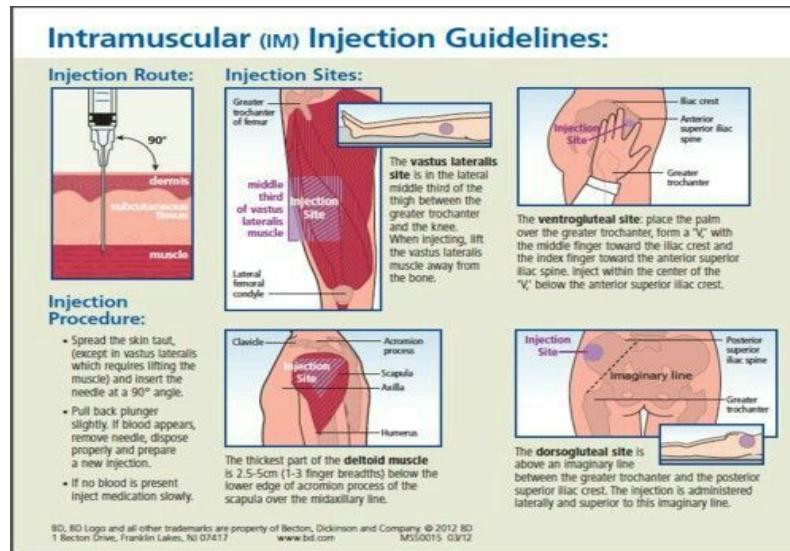
Step Five: Remove Air From the Syringe

To release any air from the syringe, gently tap the syringe with your finger and then slowly press the plunger. Continue doing this carefully until there is only testosterone within the syringe.

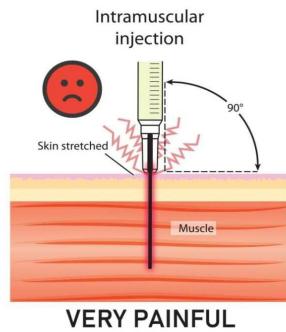
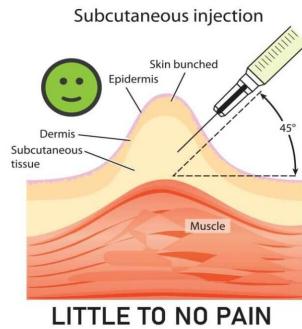
Step Six: Inject the Testosterone

Before you inject, use an alcohol wipe to clean the injection site on your body. Rub the alcohol wipe in a circular motion outward from the injection site to ensure the area is clean.

Your testosterone injection may be intramuscular or subcutaneous depending on your unique protocol. Continue reading to learn more about these types of injections and to get specific instructions for each.



If you are doing an intramuscular injection into the shoulder (a common injection site), feel for the acromion, or the bony point of the shoulder. Move two finger-widths down from the acromion to find your injection spot.



Hold the needle at a 90-degree angle, pierce the skin, and carefully inject the medicine.

Step Seven: Discard the Needle and Syringe

Throw away the needle and syringe into a Sharps container. If you do not have a Sharps container, you can use a hard-plastic container with a screw top. (*Ex. Empty bottle for laundry detergent*) Just make sure the needles won't poke through the material of whatever container you use.

Dispose of all medical waste appropriately. If you're not sure how, you can contact your local pharmacy to learn your state's requirements for disposing of needles and syringes.

Step Eight: Contact Lindgren Functional Medicine if you have any further questions. 920-737-1625.