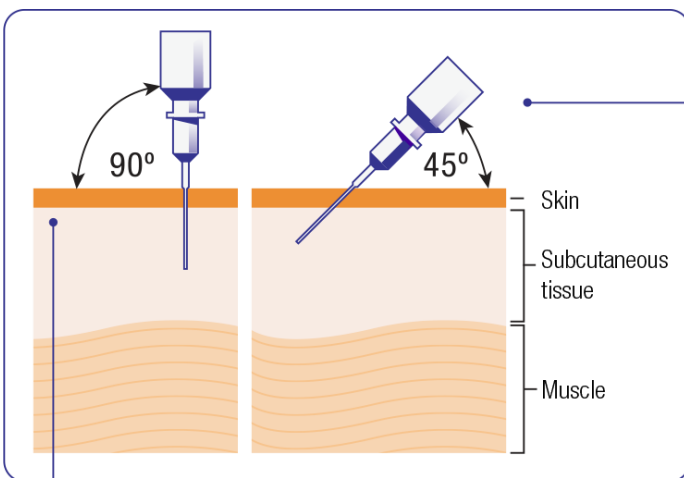


Hormone Injection Instructions

- Wash hands with soap and water.
- Clean injection site skin by wiping outward concentric circles with an alcohol wipe.
- Wipe top of vial with alcohol pad and remove syringe with needle attached to it out of packaging.
- Pull plunger back, filling it with the same amount of air as the amount of hormones you want to inject (e.g. 0.5, 0.25, 1mL, etc.) . Insert the needle into hormones vial, and push air out of the syringe.
- Pull plunger back to desired amount, filling with hormones. Then pull needle out of vial. Pull back plunger a little to get extra hormones out of the needle.
- Switch to smaller gauge needle, making sure the needle is attached tightly. (Higher number = smaller needle thickness or gauge)
- Push plunger in until a small bead of hormones is released from tip of needle. This will ensure no air is left in the syringe (which can seriously harm you if you inject it)
- Insert needle, bevel up, into the skin and push plunger down slowly:
 - **For Intramuscular injection:** Insert deep into muscle at a 90 degree angle. (Do not pinch skin.)
 - **For Subcutaneous injection:** Pinch skin together and insert needle into fatty layer of skin at a 45 degree angle.
- Pull syringe out and dispose in sharps container (or detergent bottle or coffee can, if you do not have access to a medical sharps container).



Generally, when using a 26- to 30-gauge needle that is 1/2 inch in length, insert needle at a 90-degree angle^{2,3}

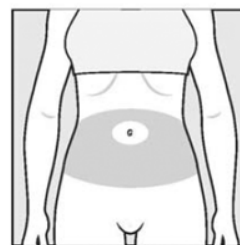
Generally, when using a 25-gauge needle that is 5/8 inch in length, insert needle at a 45-degree angle^{2,3}

Ensure that the medication is deposited in the subcutaneous tissue²

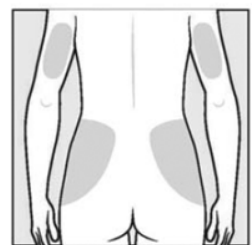
Preferred Self-Injection sites:

IM (deep muscle): Thigh

SubQ (fatty tissue): Abdomen

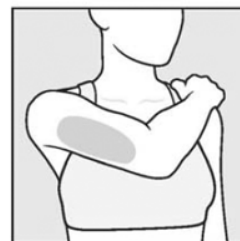


Abdomen
Avoid about 2 inches around the belly button

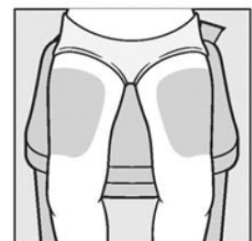


Back of Hips and Arms
Fleshy areas of the upper hips, always below the waist

Fleshy areas of the upper back portion of the arms



Arms
Fleshy areas of the upper back portion



Thighs
About 2 inches above the knee and 2 inches below the groin