How to Self-Inject Testosterone Using Intramuscular (IM) Injection

You can give yourself Intramuscular (IM) injections at home safely and accurately with proper care and technique. This handout will guide you through the steps to give yourself an IM injection and how to safely dispose of your used syringes and needles.

Draw Up Testosterone

1. Wash your hands with soap and water. Choose a comfortable, clean space to self inject where you can sit and set up your supplies.
2. Assemble supplies: the vial of testosterone, needles and syringe, alcohol wipes, gauze pad or tissue, band-aid, and sharps disposal box. To draw up the testosterone, use a 21 gauge, 1 inch needle attached to a 1 or 3 milliliters (ml) syringe. To administer the injection, use a new 1 inch needle, 25 gauge. Open the packaging for the needles and syringe.
3. Check the name, amount of testosterone to inject, and expiration date on vial. If the vial is expired, do not use the testosterone and contact your provider. Do not use the testosterone if you see crystals, sediment, particles, unusual color, or cloudiness in the drug.
4. Screw the 21 gauge, 1 inch needle on the syringe hub. With the cap on the needle attached to the syringe, pull back on the plunger to draw air in the same number of milliliters as the amount of testosterone you want to inject.
5. Vial: Flip off the plastic cover. Wipe off the top of the vial with the alcohol wipe. Put the vial on a flat surface, remove the cap from the needle and insert the needle into the rubber stopper of the vial. Push the plunger in to inject the air into the vial.
6. Turn the vial upside down and insure that the needle tip is in the fluid. Slowly pull back on the plunger until the proper dose of testosterone is in the syringe. Testosterone is a thick fluid so you may need to express excess air back into the vial and then pull back on the plunger again to get the proper dose. When you have the correct amount of testosterone in the syringe, remove the needle from the vial and carefully replace the cap on the needle.
7. Holding the barrel of the syringe, unscrew the capped 21 gauge needle from the syringe and safely put it into the sharps disposal box. Screw the capped injection needle onto the syringe.

Choose the Site

8. The vastus lateralis muscle in the thigh is the preferred injection site. Divide the thigh into thirds horizontally between the knee and hip. The preferred site is the middle third, outer part of the thigh. You will want to alternate the site you use, so remember to write down the site you last injected. See diagram on reverse side.
9. Clean the injection site with an alcohol wipe. Wipe in a circular motion, starting from the center and moving outwards to a circumference of about 2 inches surrounding the injection site. Let the alcohol dry before injecting.
Giving the Injection

10. With your dominant hand remove the cap from the injection needle. Hold the needle and syringe like a pencil in your dominant hand.
11. With your non-dominant hand, stretch the skin at the injection site between the thumb and forefinger.
12. As shown in diagram above, using a quick dart-like motion, insert the needle at a 90-degree angle through the skin and into the muscle.
13. Remove your non-dominant hand from the skin and support the hub of the syringe while using your dominant hand to inject the testosterone slowly by pressing the plunger until the syringe is empty.
14. Pull the needle straight out and flip the safety shield to cover the needle.
15. Apply gentle pressure over the injection site with a clean gauze pad or tissue.
16. Apply a band-aid if needed.
17. Safely dispose of your needle and syringe in a sharps disposal box.

Supplies needed for Intramuscular Self-Injection

- BD Luer-Lok Tip 1 cc syringe (SKU# 309628)
- BD Luer-Lok Tip 3 cc syringe (SKU# 309657) – for injections of 1cc or larger volume
- BD Safety Glide Needles 21 g, 1 inch (SKU# 305915) – to draw up
- BD Safety Glide Needles 25 g, 1 inch (SKU# 305916) – to administer
- Needle/Syringe Disposal Box
- Alcohol Prep Pads (or bottle of 70% Rubbing Alcohol and Cotton Balls)
- Gauze Pads 2 inches x 2 inches (or can use tissues)
- Band-aids – small oval or round

Options for Online Ordering of Syringes and Needles

1. Vitality Medical: http://www.vitalitymedical.com/

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