ATHENA FAMILY MEDICINE

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Kevin Vo, MD
Board Certified
Family Medicine

Patient name: _____ Date: _____

TESTOSTERONE HOME SELF-INJECTION GUIDE

Patient Instructions · Athena Testosterone Therapy Program

Home injection is allowed **only if Dr. Vo has approved it** and you have shown our staff you can inject safely. Use only the testosterone prescribed to you, from your pharmacy, at the dose on your label.

My prescription (filled in by our office)

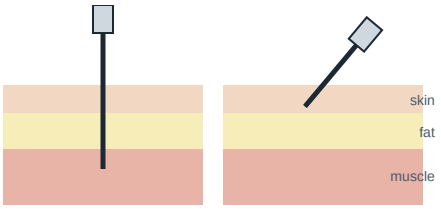
Medication: Testosterone cypionate _____ mg/mL Dose: _____ mL (_____ mg) Every _____ days

Method: ☐ Intramuscular (IM) ☐ Subcutaneous (SQ) Site: ☐ Outer thigh ☐ Side of hip ☐ Belly (SQ only)

Drawing needle: _____ G Injecting needle: _____ G, _____ inch Syringe: _____ mL

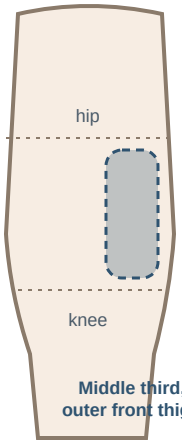
IM OR SQ: WHICH ONE?

- **Intramuscular (IM)** goes deep into the muscle. It is the FDA-approved method for testosterone cypionate. Usually a **22–25 gauge, 1 to 1½ inch** needle.
- **Subcutaneous (SQ)** goes into the fat just under the skin. It uses a smaller, shorter needle (**25–27 gauge, ½ to ⅝ inch**) and is often less painful. Some patients use it with Dr. Vo's approval.
- **Use only the method, site and needles Dr. Vo chose for you.** Do not switch methods without asking.

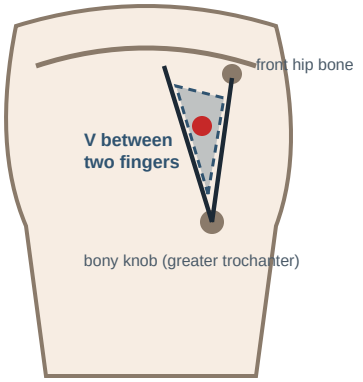


IM: 90°, into muscle **SQ: 45–90°, into fat**

WHERE TO INJECT

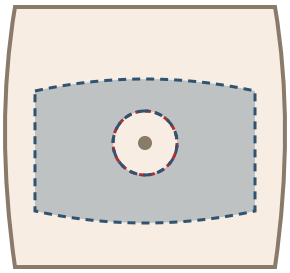


IM or SQ. Easiest to reach.



Side of the hip (ventrogluteal)

IM. Palm on the bony knob, index finger toward the front hip bone, inject in the middle of the V.



Belly, 2 inches or more from the navel

SQ only.

- **Rotate sites:** switch sides (left, right) each time and stay at least 1 inch from the last spot.
- **Avoid** scars, moles, bruises, tender, red or swollen skin. **Do not inject into the buttock cheek** (upper outer buttock) yourself; it is hard to reach safely and near a large nerve.

STEP BY STEP

1. **Get ready.** Wash your hands with soap and water. Clean a table and lay out: vial, syringe, drawing needle, injecting needle, alcohol pads, gauze, bandage, and your **sharps container**.

2. **Check the vial.** Your name, testosterone cypionate, strength, and expiration date. The oil should be **clear**. If you see crystals (common when cold), warm the vial in your hands and roll it gently until clear. Do not use if cloudy or if particles remain.

3. **Draw up the dose.** Wipe the rubber stopper with alcohol and let it dry. With the larger **drawing needle**, pull air into the syringe equal to your dose, push the air into the vial, turn the vial upside down and slowly draw your exact dose. The oil is thick, so pull slowly.

4. **Change needles.** Remove the drawing needle and put it straight into the sharps container. Attach the **injecting needle**. Hold the syringe needle-up, tap out air bubbles and push the plunger until the dose line is exact.

5. **Clean the skin.** Wipe the site with an alcohol pad in a circle and **let it air-dry** (wet alcohol stings).

6. **Inject. IM:** stretch the skin flat and insert the needle quickly at 90° all the way in. **SQ:** pinch up the skin and insert at 45–90°. Push the plunger **slowly, over 30 to 60 seconds**.

7. **Finish.** Pull the needle straight out, press gauze on the spot (do not rub hard) and apply a bandage. Drop the syringe and needle **straight into the sharps container**. Write the date, dose and site in your log.

NEEDLE SAFETY

- **Never recap a used needle**, and never share needles, syringes or vials with anyone.
- Use a **new needle and syringe every time**. Never reuse them.
- Put used needles in an **FDA-cleared sharps container** (pharmacies sell them) right away. A heavy plastic laundry-detergent bottle with a screw cap can be used if you do not have one.
- When the container is **3/4 full**, close and tape the lid, label it **"SHARPS – DO NOT RECYCLE,"** and dispose of it following your city's rules or a pharmacy drop-off program. Ask us if you are unsure.
- Keep sharps out of reach of children and pets.
- If someone else is stuck with your used needle, wash the area with soap and water and have them call their doctor.

STORING YOUR TESTOSTERONE

- Store at **room temperature, 68–77°F**, in the original box to protect it from light.
- **Do not refrigerate or freeze.** Do not leave it in a hot car.
- Write the **date you first opened** the vial on the label. Ask your pharmacist how long it can be used after opening, and never use it past the expiration date.
- Testosterone is a **controlled substance**. Keep it in a **locked** place, away from children and visitors.
- Never give or sell it to anyone. Lost or stolen medication may not be replaced early.
- Bring your vial and injection log to every 3-month visit.

CALL 911 right away if, during or within minutes after an injection, you have **sudden coughing, shortness of breath, chest tightness or pain, throat tightening, dizziness or fainting**, or swelling of the face, lips or tongue. These can be a rare reaction to the oil or a serious allergic reaction. Also go to the ER for an **erection lasting more than 4 hours**, or **pain and swelling in one leg**.

Call our office (469-931-2602) for redness, warmth, pus, a lump that grows or fever at an injection site, a bent or broken needle, or if you injected the wrong dose.

MY INJECTION LOG

Date	Dose (mL / mg)	Site and side	Notes

This guide does not replace hands-on training from our staff or advice from Dr. Vo. Bring your questions to your next visit or call our office.