

How to Give Yourself a Hormone Injection: Intramuscular (IM), ppgoh.org/genderaffirmingcare

THESE MEDICATIONS ARE GIVEN IM

- Depot medroxyprogesterone acetate
 - Estradiol valerate
 - Estradiol cypionate
 - Testosterone cypionate*
 - Testosterone enanthate*
- *can also be given via subcutaneous injection

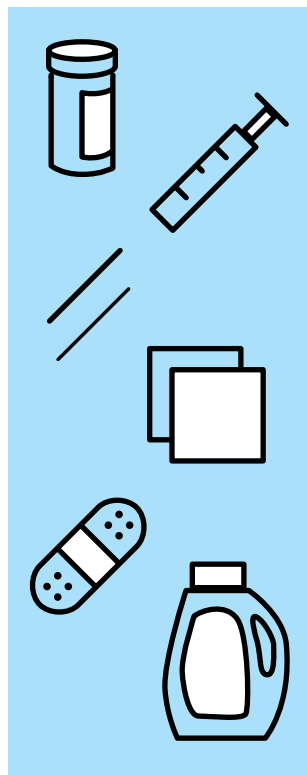
WHAT IS AN IM INJECTION?

An injection that places the medicine deep into the muscle.

- Be sure to **wash your hands before starting**, and have a clean and stable workspace.

1) SUPPLIES

- Medication in a vial
- One disposable syringe
- Two needles that are 21-23 gauge, 1-1.5"
 - One for drawing up medication
 - One for injecting medication
- Two alcohol wipes or a couple cotton balls and alcohol
- Bandaid
- Any hard sided plastic container with a lid. You may use laundry detergent or other hard-sided plastic household containers as a sharps container.



2) PREPARE MEDICATION

- Check to confirm the correct medication¹, strength², and expiration date³.
- Check for floaters or visible particles.
- Roll the medication vial in your hands to warm it up.

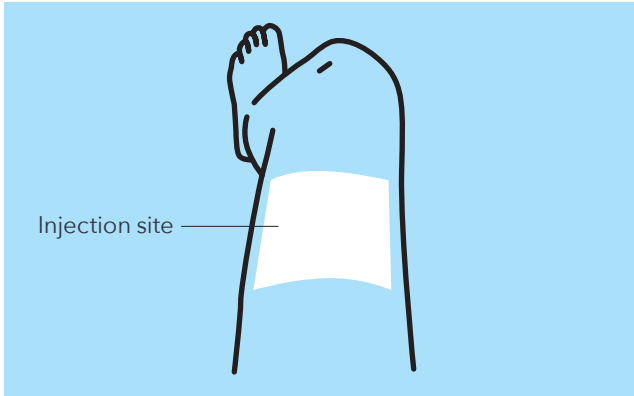


3) PREPARE SYRINGE

- **Don't let the needles touch any surfaces.**
- The first time you use the vial, remove the cap (the cap gets thrown away) on the vial to reveal the rubber stopper.
- Wipe off the rubber stopper of medication vial with alcohol and allow it to air dry.
- Open the syringe and screw the needle onto it.
- Pull back the safety (or cap). This is needle dependent and your needle may or may not have a safety.
- Pull air back into the syringe (the same amount that is the medication amount).
- Put the needle into the vial and turn the vial upside down.
- Inject air into the vial, pull back the plunger to the medication amount, check for bubbles, and tap the syringe to remove them.
- Turn the vial right side up, and remove the needle from the vial. Put the safety back on the needle if applicable.
- Remove the needle from the syringe and place it in the sharps container.
- Put a new needle on the syringe. Don't touch the end of the syringe or needle where they connect.

4) PREPARE INJECTION SITE

- Vastus lateralis: divide the top of your thigh into thirds, and inject the needle into the middle third, as demonstrated in the graphic.
- Change the site with each injection.
- Wipe off your skin with an alcohol pad or cotton ball, and allow it to air dry.



6) DISPOSAL

- Dispose of the needle and syringe in the sharps container, and apply your a band-aid.
- When the vial is empty, place it in the sharps container.
- When the sharps container is full, tape the lid and throw it in the trash.

TIPS FOR REDUCING INJECTION PAIN

- Never reuse needles.
- Use separate drawing up and injecting needles.
- Let your skin dry fully from the alcohol wipes before injecting.
- Ice the area before applying alcohol wipes to numb the area.
- Keep the muscle in the injection area warm and relaxed.
- Inject the medication when it's at room temperature.
- Break through the skin quickly with the needle.
- Insert the needle straight into the skin and pull it out again without wiggling or changing its direction.

5) INJECT MEDICATION

- Pinch your skin and insert the needle at a 90 degree angle.
- Insert the needle three quarters of an inch to one inch deep.
- Slowly push the plunger all the way in (the medication is thick).

