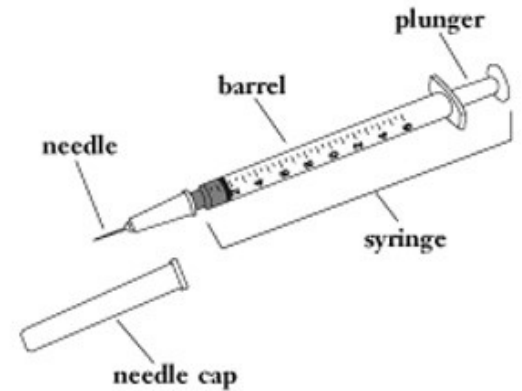


How to safely inject hormones: intramuscular

1. Wash your hands with soap and warm water.
2. Clean top of the hormone vial with rubbing alcohol. Let it dry.
3. Put needle on syringe. Twist needle to tighten. If you want to use a bigger needle for this part, change the needle now.
4. Fill syringe with air. The amount of air should be the same as the amount of hormone you will inject. For example, if you are going to inject 1ml cc of hormones, put 1ml cc of air into the syringe.
5. Put needle into bottle. Turn the bottle upside down and push the air into bottle. This will make filling the syringe easier.
6. Pull plunger back, bringing hormones up to the line for the amount you need. Tap syringe to make air bubbles move up. Push out air bubbles.
7. Pull needle out of bottle. If you switched to a bigger needle, switch back to the smaller needle now. Tighten needle.
8. Choose a good place to inject into muscle: (see back of page for picture)
 - a) Middle outer part of thighs (best for most people)
 - b) Upper part of butt (only if you can safely see area while injecting)
9. Using an alcohol pad, move in circle from the injection site, out. Let alcohol dry on skin before injecting.
10. Inject needle straight down into site, not at an angle. Once in, pull plunger back. If you don't see blood, slowly but firmly push hormones in.
 - If you see blood, don't worry, it just means you hit a blood vessel. Pull the needle out right away and replace with new needle. Re-start from step 8.
11. Pull out needle and apply pressure to injection site with clean cotton ball. Put on band aid if needed.

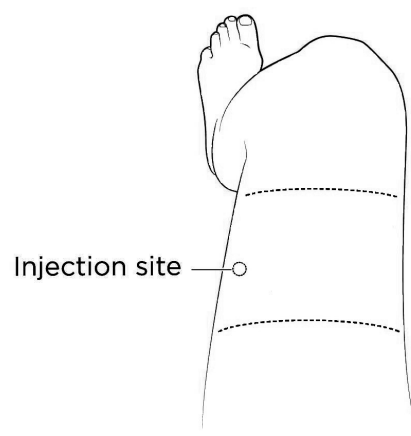
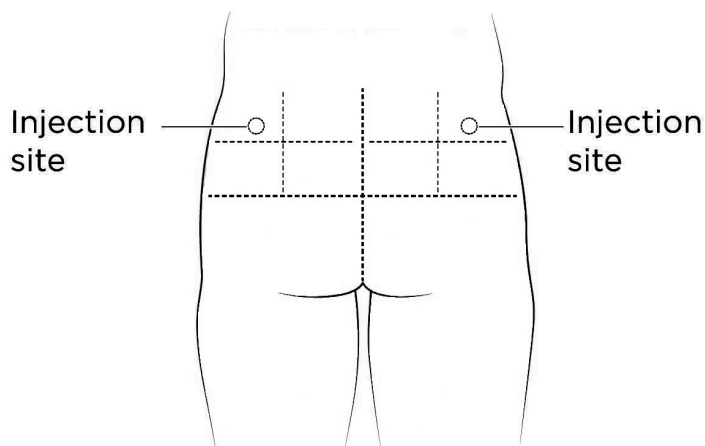


Helpful tips:

- Don't use the same injection site each time, it can be uncomfortable.
- Always use a new needle for each new injection.
- Never reuse or share needles with others.
- Throw away used needles in an approved "sharps container." If you do not have a "sharps container" you can make one out of an old plastic laundry detergent bottle. Make sure you write "used needles" on the side.
- It is not safe to reuse or share syringes, but if you do, always be sure to rinse syringes 3 times with water and bleach. Then soak in bleach for at least 30 seconds.
- Always tell your doctor the truth about injecting hormones. They want to help. Tell them how much you are injecting and if you are using (or have ever used) hormones from the street.

Resources:

- For a helpful step-by-step video for injecting hormones, check out "Taking Care of Business: A DIY Guide to Self-Injecting 'T'" on YouTube.
- If you want to learn more about syringe exchange programs in or around New York City, ask your doctor for a list.



Pictures from Healthline