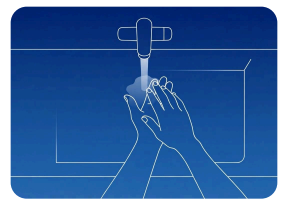
STEP-BY-STEP INSTRUCTIONS

How to Use Your Injectable TRT

Self-injecting testosterone cypionate at home is a skill most pick up within a few doses. Here is the clinical routine, step by step, designed by our care team to ensure a safe, sanitary, and accurate process.

STEP 01 Start clean

Wash your hands for twenty seconds and clear a flat, well-lit surface. Nothing on it but your supplies.



STEP 02 Check your vial

Read your name, the strength, and the expiration date. The oil should be clear. If it looks cloudy or has specks in it, stop and call us.



STEP 03 Lay everything out

Set out your supplies sealed, with the sharps container open and within reach before you start. You will need to purchase a sharps container.



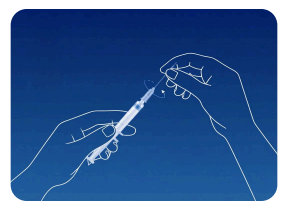
STEP 04 Clean the vial

Wipe the rubber stopper with an alcohol pad and let it air dry. Don't blow on it.



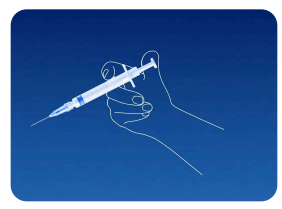
STEP 05 Attach the 18-gauge draw needle

Twist the wider draw needle onto the syringe until it's snug, then pull the cap straight off.



STEP 06 Pull in air first

Pull the plunger back to your dose so the syringe fills with air. Pushing that air in first is what makes the oil come out easily.



STEP 07

Draw your dose

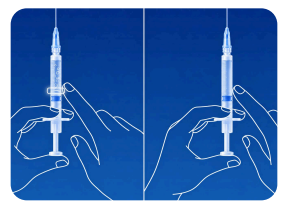
Push the air in, turn the vial upside down, keep the needle tip below the oil, and pull back slowly to just past your dose. Testosterone is thick - it takes a few seconds.



STEP 08

Clear the bubbles

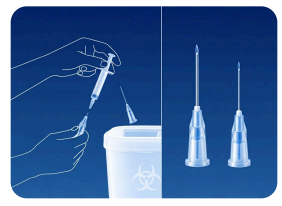
Tap the bubbles to the top, then push them back into the vial until the oil sits exactly on your dose line.



STEP 09

Never inject with the draw needle

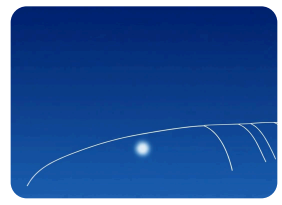
The 18-gauge goes straight into your sharps container - it never goes into your body. Twist on the thin 25-gauge inject needle instead. An 18 is several times wider, and pushing it through the stopper has already dulled the tip.



STEP 10

Choose your site

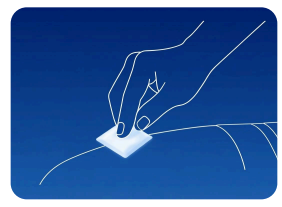
Use the site your clinician showed you, and move to a different one each dose. Rotating keeps injections comfortable over the long run.



STEP 11

Clean your skin

Wipe once in one direction and let it dry completely. Wet alcohol is what stings.



STEP 12

Inject

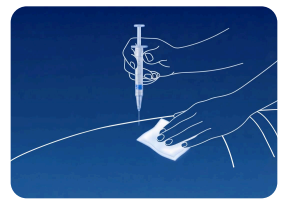
Hold the syringe like a dart, pull the skin taut, and go straight in at ninety degrees in one motion - hesitating is what makes it hurt. Push the plunger slowly and count to five. Through a 25-gauge needle it will not go fast; don't force it.



STEP 13

Withdraw and cover

Pull straight out at the same angle, then cover the spot with the bandage from your kit. A little bleeding is normal.



STEP 14

Dispose immediately

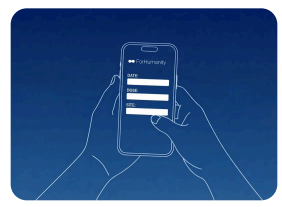
Put the whole syringe into your sharps container. Don't recap it - recapping is how most needlestick injuries happen.



STEP 15

Write it down

Log the date, the dose, and the site. It keeps your rotation honest, and it's the first thing your clinician will ask.



Follow your prescription first

These steps are for an intramuscular injection, the route on your medication's label, using an 18-gauge draw needle and a 25-gauge inject needle. Always follow the instructions your clinician gave you. If anything here differs from what they told you, theirs is the one to follow.

AFTER YOUR INJECTION

What to Watch For

Most side effects are mild and resolve quickly. Here's how to tell if something needs attention.

THIS IS NORMAL	Mild soreness at the site for a day or two. A small bruise. A drop of blood when the needle comes out.
MESSAGE YOUR CLINICIAN	Soreness that worsens after 48 hours, redness that spreads, warmth or swelling at the site, fever, or drainage.
CALL 911 NOW	Trouble breathing, chest tightness, swelling of the face, lips, or throat, or fainting.

Read the full safety information: forhumanity.co/safety-info/injectable-trt