




## Self-Injection of Hormonal Therapies

Please watch the videos below and schedule a visit with our nurse to review injection technique. This is a checklist to remind you of key steps once you have received in-person training.

Videos for Hormone Injection from Howard Brown Health (also available en espanol)

<p><a href="#">How to draw up injection medications</a></p> 	<p><a href="#">How to give a sub-Q injection</a></p> 	<p><a href="#">How to give an intramuscular injection</a></p> 
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### Key Steps for Self-Injection

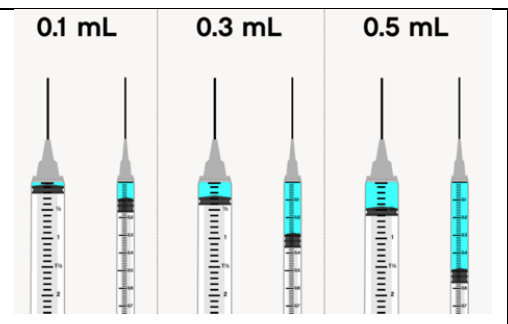
- Wash hands
- Gather supplies and lay out on a clean work area:
  - Alcohol pads x 2 (one to wipe down your vial top, one to clean your skin).
  - Band-aid
  - Medication vial
  - Sterile syringe (1mL) to draw up the medication
  - Needle **for drawing up** the medication from the vial- 18, 19, 21, or 22 Gauge 1-inch
  - Needle **for administering medication**
    - For SubQ: 25 or 26 Gauge, 5/8-inch long for subcutaneous
    - For IM: 22 or 23 Gauge, 1-inch long for intramuscular
  - Sharps container for disposal (buy one or an empty plastic laundry detergent bottle)

Go to the [Colorado Household Medication and Sharps Take Back Program website](#) to find a drop off location near you



- Check the medication – correct name, strength, and expiration date
- **Draw up** the medication
  - Use an alcohol swab to clean the rubber stopper at the top of the vial
  - Connect the sterile needle for drawing up to the sterile syringe
  - Draw air into the syringe equal to your dose

- My dose is: \_\_\_\_\_ mL to be given \_\_\_\_\_ (SQ or IM)
  - This is \_\_\_\_\_ mg of medication per injection
  - Circle on right what dose will look like in a 1mL or a 3mL syringe.
- Injection is given every: \_\_\_\_\_ (frequency)



- Push the needle into the vial and inject the air into the vial
- Flip the vial upside down and make sure the tip of the needle is still inside the medication. Pull on the plunger to draw medicine into the syringe; draw up the medication SLOWLY and make sure the tip of the needle is inside the medication and not air. This will draw up the correct amount of medication.
- Keep the needle in the vial and check for air bubbles in the syringe. Gently tap any bubbles to move them to the top of the syringe. Then gently push the plunger up to force bubbles out of the syringe without removing the needle from the vial.
- After the air bubbles are gone, pull the plunger slightly past the number on the syringe that matches your dose.
- Pull the syringe with needle out of the medication bottle.
- Remove the needle from the syringe and place in sharps container
- Injecting** the medication
  - Connect the injection needle: 25G for Sub Q or 22/23G for intramuscular
  - Do not remove the needle safety cap until ready to inject
  - Push the plunger to the number (mL or cc) that matches your dose.
  - Choose your injection site (for self-injection, usually belly or thigh)
  - Wipe off the injection site with an alcohol wipe and let it air dry
  - "Prime" the injection by pushing the plunger to make sure the medication fills up the length of the needle
  - Move your thumb and index finger into place to hold the area of skin that you will inject
  - Quickly enter the skin- with a 45-degree angle for SubQ, or 90-degree angle for IM
  - Push the plunger down in a steady motion to inject the medication
  - Wait 5 seconds and remove the needle out of the injection site from the same angle that your entered
  - Use a band aid or gauze to put pressure on the injection site
  - Put the used needle and syringe in the sharps container

# Great job!

Please call us or schedule a return visit if you have any questions.

*Here is an additional on-line resource for self-injection:*

[Fenway health injection guide](#)

