

INJECTION INSTRUCTIONS FOR INJECTABLE TESTOSTERONE

Types of Injectable Testosterone:

- Testosterone Cypionate
- Testosterone Enanthate
- Testosterone Propionate

All testosterone types are suspended in USP oil

How To Fill the syringe:

- Remove safety seal (plastic cap) and wipe rubber-top with alcohol. Wipe rubber-top before every injection to ensure sterility.
- Taking a 3cc syringe and attached needle; push the needle into the rubber-top and turn the vial upside-down
- Pull back the plunger and draw out your dose of testosterone (push plunger back and forth to try and remove as much air-bubbles as possible).
- Remove needle from the vial and pull plunger back to pull testosterone which might be trapped in needle tip.
- Carefully twist off the needle used to “draw” the testosterone and replace it with a 25G 1-inch needle (fresh needle for injection).

You will inject into one of 3 places: Deltoid (shoulder), Glute (butt-cheek), or top of your thigh. Find whichever works best for you, or alternate between them.

How to do a Test Cyp IM (Intramuscular---In the muscle) injection:

Type of needle to use for injecting testosterone intramuscular (IM):

- 25g 1”- Best to use with testosterone in grapeseed oil
- 23g 1”- Best to use with testosterone in sesame or cottonseed oil

*the type of oil will be stated on the bottle’s label

- Determine which site you will be using: Glute- always inject into upper-outer quadrant of the butt-cheek...close to the hip.
- Clean the site with an alcohol pad
- Make sure plunger is pushed up which removes all the air-bubbles, leaving only the testosterone (along with whatever else is being injected).
- Relax the muscle being injected. For Example- if injecting into your glute you may lay down on your front or lean onto a counter-top. Tensed muscle may cause a little pain.
- Push the needle all the way straight into the muscle, the faster the better!

- Once the needle is in, pull back very slightly on the plunger to ensure you ARE NOT into a vein. If you are indeed in a vein (which is rare) then you will see blood in the syringe and are to remove the needle and re-inject.
- If you are not in a vein then simple push the plunger all the way down, injecting the testosterone into the muscle and remove the needle.

How to do a Test Cyp Subcutaneous (SC) injection:

- Determine which site you will be using: The best areas for a SC injection are at the upper thigh, shoulder, or upper glute (hip).
- Use only one of the following needles/syringes: 29g 1/2" needle with 1ml syringe
30g 1/2" needle with 1ml syringe
26g 5/8" needle with 1ml or 3ml syringe
- Clean the injection site with an alcohol pad
- Make sure plunger is pushed up which removes all the air-bubbles, leaving only the testosterone (along with whatever else is being injected).
- Inject the needle directly into the shoulder, thigh, or glute at 90 degrees. If the injection is being administered in the abdomen, use your thumb and forefinger to pinch a fold of skin (hold loosely so the skin is not too taunt) and insert the needle the entire length.
- Push the needle all the way straight into the injection site
- Once the needle is in, pull back very slightly on the plunger to ensure you ARE NOT into a vein. If you are in a vein (which is rare) then you will see blood in the syringe and are to remove the needle and re-inject.
- If you are not in a vein then simple push the plunger all the way down, injecting the testosterone until the syringe is empty then remove the needle.

Combine vitamin B12 and testosterone cypionate in the same syringe

Vitamin B12 is a popular injectable vitamin requested by many patients. Some men and women feel better when taking B12. Even though testosterone is suspended in oil and vitamin B12 is suspended in water, you can combine them into the same syringe to minimize the need for additional injections. Draw your testosterone dose into the syringe first, then draw the B12. If you are taking your testosterone once per week, you can add 0.5ml to 1ml of b12 to your injection. If you are splitting your testosterone injection into twice per week, try adding 0.25ml of b12. B12 can increase red blood cells which Defy Medical will monitor every six months. If you already have elevated hematocrit we recommend speaking with the doctor prior to starting b12 injections.

Additional Information

- "CC" is the same thing as a "ML" CC=ML
- 100 units an "insulin" syringe equals 1ML. 100units = 1ML
- Be sure to keep your injections CLEAN. Always wipe your injection site with alcohol and store your medications in a clean location. Always use a new, unopened needle for each injection. Do not reuse your needle and syringe!
- [Contact Defy Medical](#) if you need syringes, needles, or supplies

