• DO pick up a sharps container from WHCP!
• DO rotate your injection sites
• DO keep track of your injection sites and dates
• DO come in and talk to us if you’re getting hormones from a friend or someone else. We can help you find a good healthcare provider to get you a hormone prescription, and monitor your hormones and liver to help you stay healthy.
• DO store the hormones in a dry place, out of direct light.

Myths about Hormone Injection

<table>
<thead>
<tr>
<th>Myth</th>
<th>Truth</th>
</tr>
</thead>
<tbody>
<tr>
<td>MYTH: Taking a higher dose of hormones is going to help you to transition faster.</td>
<td>FALSE! Taking too much ESTROGEN increases the chances of developing a BLOOD CLOT, especially if you smoke cigarettes. Taking too much TESTOSTERONE could actually cause the extra testosterone to turn back into estrogen, which is the opposite of what you want it to do.</td>
</tr>
<tr>
<td>MYTH: Taking testosterone will make you incredibly angry, causing “roid rage”.</td>
<td>FALSE! There has not been any proof that testosterone will make you angrier or more aggressive. However, it is important to take the correct dosage to keep side effects to a minimum.</td>
</tr>
</tbody>
</table>

Dosage Information*

*If you have a different concentration, you will need adjust the amount and frequency of injection

<table>
<thead>
<tr>
<th>Hormone</th>
<th>How to Inject</th>
<th>Concentration</th>
<th>Vial Size</th>
<th>Amount to Inject</th>
<th>When to Inject</th>
</tr>
</thead>
<tbody>
<tr>
<td>Testosterone (Cypionate)</td>
<td>IM (into the muscle - the outer thigh is the best)</td>
<td>200 mg/mL</td>
<td>10 mL</td>
<td>0.5 – 1mL</td>
<td>Once every 2 week</td>
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<tr>
<td>Testosterone (Cypionate)</td>
<td>Subcutaneously (Into the fat)</td>
<td>200 mg/mL</td>
<td>10 mL</td>
<td>0.25 – 0.5 mL</td>
<td>Once every 2 weeks</td>
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<tr>
<td>Estradiol Valerate (Delestron)</td>
<td>IM (into the muscle - the outer thigh is the best)</td>
<td>20 mg/mL</td>
<td>5 mL</td>
<td>0.5 – 1.0 mL</td>
<td>Once every 2 weeks</td>
</tr>
<tr>
<td>Estradiol Valerate (Delestron)</td>
<td>IM (into the muscle - the outer thigh is the best)</td>
<td>40 mg/mL</td>
<td>5 mL</td>
<td>0.25 – 0.5 mL</td>
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</tbody>
</table>

Sharps Disposal Instructions

Ideally syringes are once used and discarded in a sharps container. You can pick up new syringes and a sharps container at WHCP. If syringes must be reused, they should be rinsed with cold water immediately after use to prevent blood from clotting in the needle. If the needles must be shared, they should be rinsed with cold water, three times with cold water, then three times with 100% bleach, followed by three more rinses in cold water to remove any bleach residue. To rinsing properly, fresh liquid should be used each time, pulling enough through the needle to fill the syringe.
IN EVERY KIT

Two Types of Injections

To inject hormones, follow these steps:

1. Two precut bandages on skin.
2. Dispose of the needle in a sharps container.
3. Pull off the needle, and apply pressure with gauze if you see bloo-
d. Do not re-use the needle. Use a new needle every time you put a needle in
4. Your skin.

For Subcutaneous injection: Punch the skin and inject the ne-
5. ed the e.g. – x 45. Glue the needle. Chop the skin and inject the ne-
6. neede.

To inject neede:

1. Clean the site with an alcoholic prep pad. Let the area dry.
2. Choose an injection site.
3. Second needle to inject (counter injection).
4. Insert the needle into the site.
5. Push the syringe and pinch out any air bubbles.
6. Pull the needle out of skin.
7. Clean the top of the hormone vial with an alcoholic prep pad.
8. Wash your hands with soap and water or use an antibacterial

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Two Types of Injections

Subcutaneous (IM) injection: Injected into a muscle in your outer thigh. Upper outer butt, or arm. Couter

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