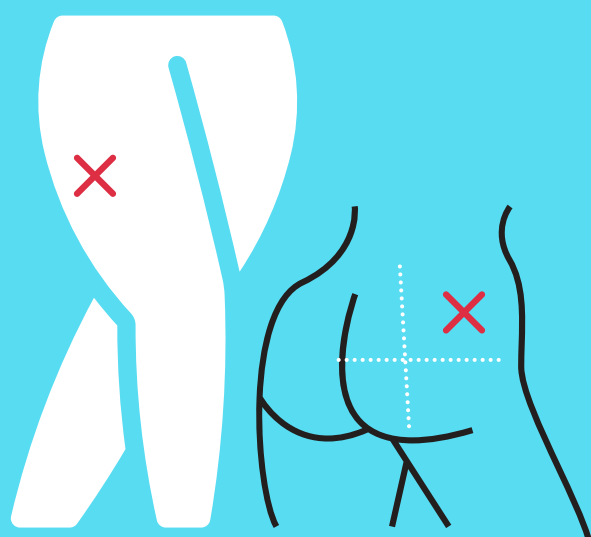


Intramuscular Testosterone Injections

TIPS FOR IMPROVING YOUR COMFORT



1.) GET THE SPOT RIGHT

IM injections should be done in the vastus lateralis (thigh), or ventrogluteal (hip/butt) muscle. For the thigh, sit down and find the approximate mid point between the hip joint and the knee joint. Inject in the outer side of the thigh, not the direct front. For the butt, imagine dividing the buttock roughly into 4 as shown. Inject in the upper outer quadrant.

2.) USE THE RIGHT GEAR

A 1ml or 3ml barrel is fine. Use a new sterile needle to draw up, then switch to another fresh needle to inject. Your injecting needle should be long enough to reach through the subcutaneous fat layer into the muscle (usually 1.25 or 1.5 inch), and a gauge between 22g - 25g. Never re-use a needle.



3.) WARM YOUR MUSCLE, & YOUR VIAL

Take a hot shower or bath before taking your shot, to warm your muscles. Put the unopened vial in warm water or under your armpit for a minute to warm up the oil, or rub the unopened vial between your hands.

4.) EVAPORATE EXCESS ALCOHOL

Use a medical alcohol swab to clean the injection site, then wait until all the alcohol has evaporated before injecting.



5.) RELAX, DON'T FLEX

Sit in a comfortable position and relax the muscle while injecting your testosterone. Once the needle is fully in, depress the plunger very slowly as the oil solution is thick and needs time to disperse. After withdrawing the needle, apply gentle pressure to the site for a minute or two, and massage if desired.



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