Self- Injection Instructions:

1. Open all supplies and wash hands.
2. Clean top of the hormone vial with alcohol swab 3 times.
3. Place draw needle (18-21 gauge 1-1.5 inches needle) onto syringe with twisting motion. Then remove plastic protective cap from needle.
4. Pull-back on the syringe plunger to place 0.3 mL of air into syringe with draw needle already in place.
5. Gently insert draw needle into top of the cleaned hormone vial and then flip everything over vertically (hold the syringe upside down with the bottle on top).
6. Reposition the syringe in order to adjust the needle so that it is well UNDER the level of liquid in the bottle (near the neck of the vial usually).
7. Inject the air into the hormone vial by depressing the syringe plunger.
8. Pull-back on the syringe plunger allowing your current dose of hormone to flow into the syringe.
9. Depress (or push) syringe plunger to purge residual air from syringe cylinder until only your current dose of hormone remains in the syringe barrel.
10. Before removing syringe, place bottle in upright position and then slowly withdraw draw needle from rubber stopper.
11. Once again, pull-back on syringe plunger allowing all liquid in the draw needle to flow back into the syringe barrel.
12. Carefully remove draw needle and place into a 'sharps container'.
13. Place injection needle (23-25 gauge ⅝" needle) onto syringe with twisting motion.
14. Cleanse area of skin to be injected with alcohol swabs 3 times in a circular motion moving from inside the circle to outside the circle.
15. Remove plastic protective cap from needle. Hold syringe vertically with needle pointing upward, purge air from syringe barrel until liquid barely emerges from needle tip by depressing (or pushing) the syringe plunger.
16. At the previously cleaned injection site, pinch skin firmly and then at a 45 degree angle QUICKLY insert needle into injection site the all the way to the needle hub (as deep as it will go) and just a little further to indent the skin.
17. Gently depress (or push) the syringe plunger until all of the hormone has been injected.
18. Count to 5 before removing the needle with attached syringe from yourself.
19. Place adhesive bandage over injection site. It is okay to remove in 30 minutes to an hour.
20. Remove injection needle from syringe with an untwisting motion and dispose of it into a 'sharps container'.
21. Throw away all other used injection supplies in regular trash.
22. Store hormone vial in cool, but not refrigerated, place.

Additionally, The Fenway Institute has a downloadable guide that may be helpful.

Dr. Kevin Hatfield has made instructional videos available on YouTube which I recommend watching as well. There is an introductory video and a self-injection video.