



Testosterone Injection

Common Use

Although a primary male hormone, testosterone can also play a role in women's health. A decline in testosterone levels in men may be indicated by symptoms including loss of libido, erectile dysfunction, deterioration inability to concentrate, poor muscle tone and strength, lack of endurance and mood swings. A decline in testosterone levels in women may accompany a decreased libido, irritability, weight gain, loss of lean muscle and osteoporosis.

Testosterone has been known to contribute to energy levels, overall sense of well-being, increases lean body mass and helps in building strong bones. Testosterone may also be used for purposes not listed in this guide.

How do I choose the best injection site?

Keep track of where the injections are given. Write down the date, time, and the site each time you give an injection. Change sites for the injections. It is important to use a different site each time you give an injection to prevent scars and skin changes. The sites where injections are given should be at least 1 inch away from each other. Ask your doctor if you need to inject the medicine in a certain site.

HELPFUL LINKS:

1. Injection Safety. Centers for Disease Control and Prevention. <https://www.cdc.gov/injectionsafety/>
2. How to give an intramuscular injection. Micromedex CareNotes System <https://www.thomsonhc.com>
3. How to give a subcutaneous injection. Johns Hopkins Arthritis Center. <http://www.hopkinsarthritis.org/patient-corner/how-to-give-a-subcutaneous-injection/>



WELLNESS PHARMACY

NUCLEAR MEDICINE

PAIN MANAGEMENT

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Tampa, FL 33634
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FDA-Registered 503B Outsourcing Facility
7465 W. Sunset Road, Suite 1200
Las Vegas, NV 89113
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F: 800.238.8239

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Storage and Handling

Store testosterone at room temperature between 68°F to 77°F (20°C to 25°C). Discard the vial 28 days after opening. Be careful to prevent accidental exposure of children, pregnant or nursing mothers or pets. Keep testosterone away from fire.

Disposal

Do not throw needles into the trash. Used needles should be immediately placed in a sharps disposal container. FDA-cleared sharps containers are generally available through pharmacies, medical supply companies, health care providers and online. These containers are made of puncture-resistant plastic with leak-resistant sides and bottom. They also have a tight fitting, puncture-resistant lid. If an FDA-cleared container is not available a heavy-duty plastic household container, such as a laundry detergent container can be used as an alternative. You can also use a soda bottle or other plastic bottle with a screw lid. Make sure that both the syringe and needle fit into the container easily and cannot break through the sides.

1. Transfer unused medicine to a take-back program or DEA-authorized collector in your area
2. If no medicine take-back programs or DEA-authorized collectors are available in your area, the FDA recommends to:
 - a) Mix medicines (do not crush tablets or capsules) with an unpalatable substance such as dirt, kitty litter, or used coffee grounds;
 - b) Place the mixture in a container such as a sealed plastic bag;

- c) Throw the container in your household trash;
- d) Scratch out all personal information on the prescription label of your empty prescription bottle or empty medicine packaging to make it unreadable, then dispose of the container.

Testosterone Cypionate Injection

Storage Advisory

Store the Testosterone Cypionate vial at room temperature (68°F to 77°F). Storage at lower temperatures may result in crystallization or gelling of the testosterone within the solution. Please inspect the vial prior to injection.

To re-dissolve the Testosterone:

1. Using a microwave-safe cup, fill it with approximately 1 inch of water.
2. Place the cup in the microwave for 30 seconds (microwave times may vary).
 - Alternatively, boiling water and then pouring it into a cup would also be an appropriate option.
3. Carefully remove the cup and place the testosterone vial, upright, in the water for 1 minute.
4. Do NOT pour the contents of the vial out into the cup at any time.
5. Remove the vial from the water and shake the vial well.
6. Inspect the vial and, if needed, put the vial back in the cup and let it sit for another minute. Repeat steps as needed.
7. Allow the vial to cool to room temperature before injecting.

Caution: The vial may be warm to the touch.

Instructions for Intramuscular (IM) or Subcutaneous (SC) Self-Injection

WHAT ARE INTRAMUSCULAR (IM) AND SUBCUTANEOUS (SC) INJECTIONS?

Depending on your medication and your physician, you may be prescribed an intramuscular (IM) or subcutaneous (SC) injection. An intramuscular injection is a shot of medication administered into a muscle. A subcutaneous injection is a shot of medication that is administered into the fat layer just below the skin.

WHAT ITEMS DO I NEED TO GIVE AN INJECTION?

- Alcohol wipe(s)
- Sterile gauze pad(s)/cotton ball(s)
- A new needle and syringe that are the proper size for your medication
- Sharps container (puncture-resistant)

WHAT ARE THE RISKS?

An IM or SC injection may cause an infection, pain, numbness, bleeding.

TIPS TO MINIMIZE INJECTION PAIN

- Allow your medicine to come to room temperature before injection
- Remove air bubbles from the syringe before injection
- Allow alcohol on skin to dry before injecting
- Break through the skin quickly
- Do not change the direction of the needle as it goes in or comes out

EMERGENCY

Contact a caregiver if: A fever, sneezing, or coughing develops after the injection. Or if there is a lump, swelling, or bruising where the injection was given that does not go away.

Seek care immediately or call 911 if: A rash, itching, shortness of breath, or if mouth, lips, or face swells after the injection is given.

Most Common Sites For Intramuscular Injections

UPPER ARM MUSCLE (Deltoid)

Give the injection in the center of an upside down triangle at the upper arm.



THIGH

Administer the injection in the thigh when other sites are not available. Divide the thigh area into 3 equal parts and inject into the middle third.



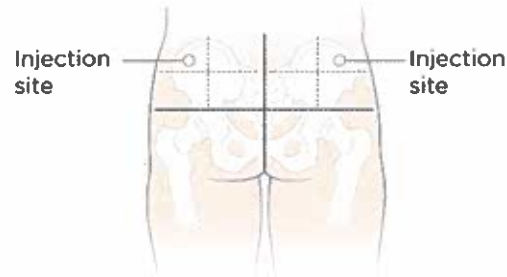
HIP

This is the safest site for adults and children older than 7 months. Spread your index and middle fingers in a slight "V" shape and inject the needle into the middle of the "V."



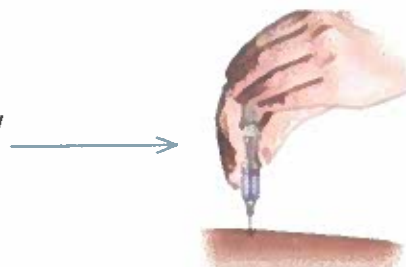
BUTTOCKS

This injection should always go into the upper, outer quadrant of the buttock towards the hip bone. This site is most commonly used by healthcare providers because the site is difficult for self-injection.

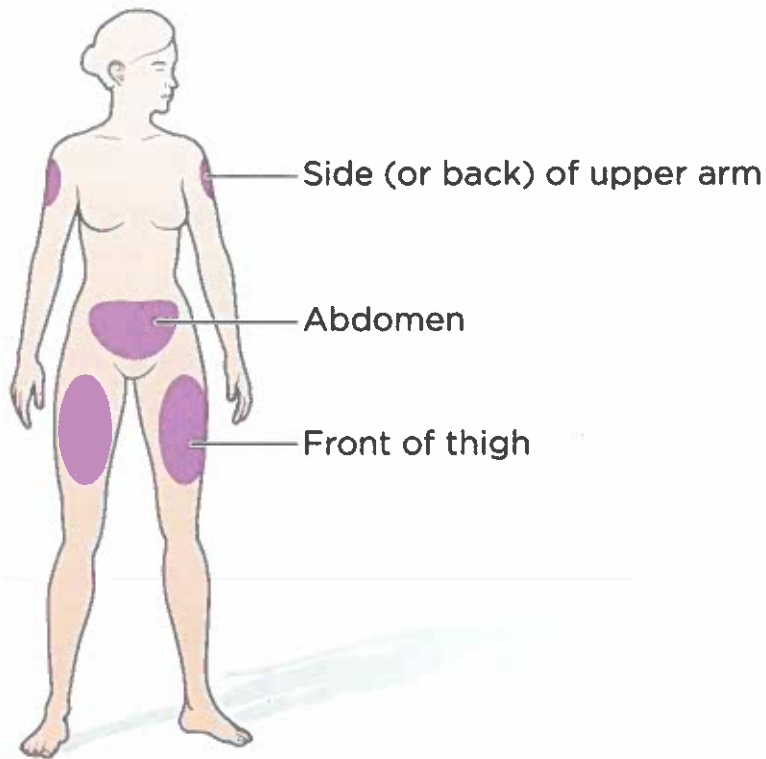


How Do I Give an Intramuscular Injection?

1. Wash your hands thoroughly with soap and dry them completely. The Centers for Disease Control and Prevention (CDC) recommends lathering for 30 seconds. Put on gloves, if necessary.
2. Wipe the area with alcohol where you plan to give the injection. Let the area dry.
3. Hold the skin firmly and Insert the needle through the skin and into the muscle at a **90 degree angle (Straight up and down.)**
4. Push down on the plunger to inject the medicine. Some medicines may hurt. Injecting the medicine slowly may reduce the pain.
5. Withdraw the needle/syringe and press a cotton ball gently on the spot where the injection was given.
6. Dispose the syringe/needle in the sharps container. Also dispose the medicine



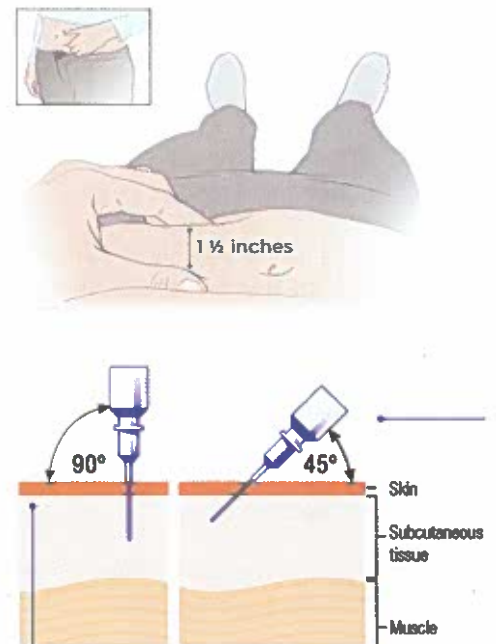
Most Common Sites For Subcutaneous Injections



- **ABDOMEN:** At or under the level of the belly button, about two inches away from your belly button.
- **UPPER ARM:** Back or side of the upper arm. Find the area halfway between the elbow and shoulder. Gently grasp the skin at the back of the arm between your thumb and first 2 fingers. You should be able to grasp 1 to 2 inches of skin.
- **THIGH: FRONT OF THE THIGH.** Find the area halfway between the knee and hip and slightly to the side. Gently grasp the area to make sure you can pinch 1 to 2 inches of skin.

How Do I Give an Subcutaneous Injection?

1. Wash your hands thoroughly with soap and dry them completely. The Centers for Disease Control and Prevention (CDC) recommend slathering for 30 seconds. Put on gloves, if necessary.
2. Wipe the area with alcohol where you plan to give the injection. Let the area dry.
3. Pinch your skin as shown at right. This pulls the fatty tissue away from the muscle for an easier injection.
4. Inject the needle into the pinched skin at a 90-degree angle, or a 45-degree angle if you are injecting into an area of the body that has very little fat.
5. Push down on the plunger to inject the medicine. Some medicines may hurt. You can inject the medicine slowly to reduce the pain.
6. Withdraw the needle/syringe.
7. Dispose the syringe/needle in the sharps container. Also dispose the medicine.



PRIMING THE TOPI-CLICK® UNIT

Remove cap and turn the applicator base until the cream/gel begins to dispense out of the applicator. It may take several turns for this to occur. After the cream/gel begins to dispense out of the applicator, use a tissue to wipe off the cream/gel. Your TOPI-CLICK® is now ready to use!

HOW TO USE



Base

Turn the base to dispense the number of CLICKS specified in the directions of your prescription label. After dialing your dose, wait at least 5-10 seconds to give the cream or gel ample time to flow from the container. Follow your prescriber's instructions for how and where to apply the medication. The cream/gel may be applied directly to the prescribed area of the body by rubbing the dispenser against the skin until the cream/gel is completely absorbed.



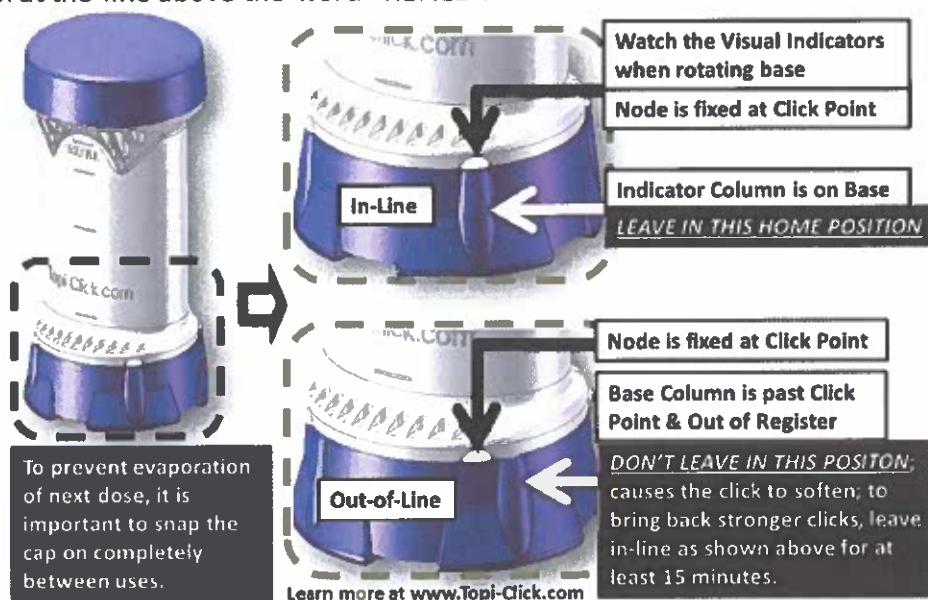
Built-in Applicator Pad

STORAGE AND TRAVELING

Store your medication as directed, including away from excessive heat, moisture, or sunlight. Always replace the safety cap after use to prevent evaporation. Changes in pressure while flying or traveling may cause medication to spill. We recommend placing the applicator in a zip lock bag and wrapping the top of the applicator with plastic wrap while traveling.

REFILLS AND ADDITIONAL TIPS

The bottom of the plunger is the indicating line; when it reaches the embossed line below the word "REFILL" approximately 32 Clicks are left. Approximately 12 Clicks remain at the line above the word "REFILL".



Always ensure the base is in the *Home Position* as seen in the image to the left.

Securely replace cap after each use to prevent evaporation.