

# Self-administering an Intramuscular injection

If you have testosterone injections:

- You can consider self-injecting Sustanon.
- We do not recommend self-administration of Nebido as this is a more difficult to give (due to the high viscosity and preferred site of administration). If you wish to switch from Nebido to Sustanon, so you can self-inject, we will get advice from your GIC
- A change to testosterone gel is an option. If this is something you wish to consider then please discuss with your GIC or a medical professional at the Health Centre.

Equipment needed for an IM injection

- Prescribed medicine
- 1 syringe
- 2 needles (1 for drawing up the drug and 1 for administration – you can use the same size needle for both)
- Sharps box (purple lid for testosterone injections and yellow lid for everything else)

Below is a list of the syringes and needle sizes required. If you are injecting a drug not listed below then please contact the Health Centre for further advice.

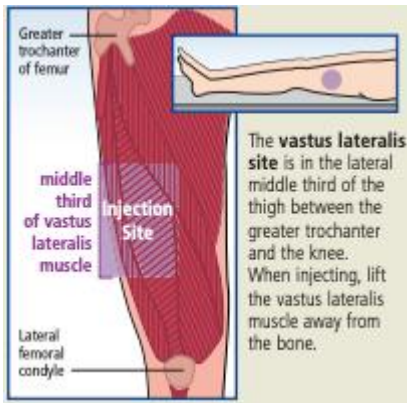
These can be purchased online without a prescription. This is normally the most cost-effective way; Amazon have a good stock. If you have any problems purchasing equipment please contact the Health Centre.

There is no need to purchase alcohol wipes. PHE (2013) advised that if you are physically clean and in good general health then swabbing prior to injecting is not required.

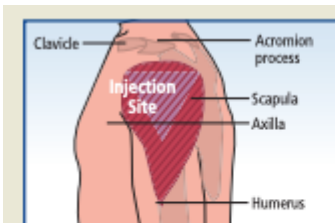
Drug	Syringe Size	Needle Gauge	Needle Length	Site	Angle
<b>Testosterone (Sustanon)</b>	2ml	19-25	1- 1½ inches (up to 3 inches for larger adults)	Thigh, upper arm, buttocks	90
<b>B12 (IM)</b>	2ml	19-25	1-1 ½ inches (up to 3 inches for larger adults)	Thigh, upper arm, buttocks	90
<b>MMR</b>	Comes preloaded with 2 syringes, one for drawing up and one for injecting			Thigh	90

## Where to inject

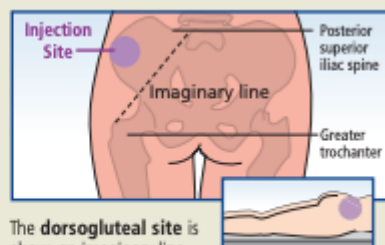
The easiest site when self-administering an IM injection is the middle third of the vastus lateralis muscle of the thigh.



Other options include the deltoid muscle of the upper arm and the dorsogluteal site on the bottom. This may be useful if you have a carer or a family member willing to administer your injection.

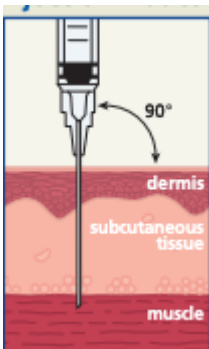


The thickest part of the **deltoid muscle** is 2.5-5cm (1-3 finger breadths) below the lower edge of acromion process of the scapula over the midaxillary line.



The **dorsogluteal site** is above an imaginary line between the greater trochanter and the posterior superior iliac crest. The injection is administered laterally and superior to this imaginary line.

The angle of the needle with IM injections should be 90 degrees.



# Preparing and administering your injection

1. Wash and dry hands to reduce the risk of infection.
2. Assemble the syringe and needle and withdraw the required amount of drug from the ampoule, with B12 and Sustanon this is normally all the drug in the ampoule. Some medicines are available in pre-filled syringes and manufacturer's instructions should be followed (MMR).
3. Disperse air bubbles from the syringe.
4. Change the needle. Doing so will ensure that the needle used for the injection is sharp, thereby reducing pain.
5. Insert the needle quickly into your preferred site and slowly and steadily inject the medicine. There is no need to pull back on the syringe to check for blood.
6. Dispose of the used needle in a sharps container according to local policy.

Please contact the Health Centre on 01273 249049 if you have any concerns following your injection.

<https://www.unimed.co.uk/>

## Resources

<https://www.optimale.co.uk/intramuscular-sustanon-injection/>

<https://www.youtube.com/watch?v=fMEZdNodGM0>