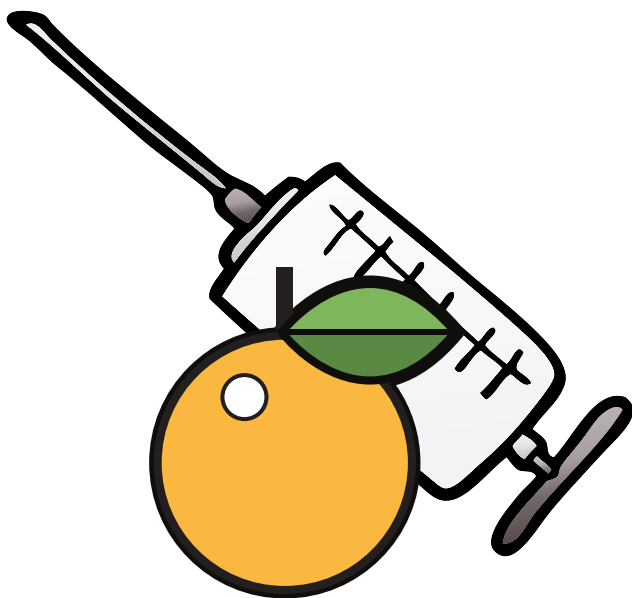


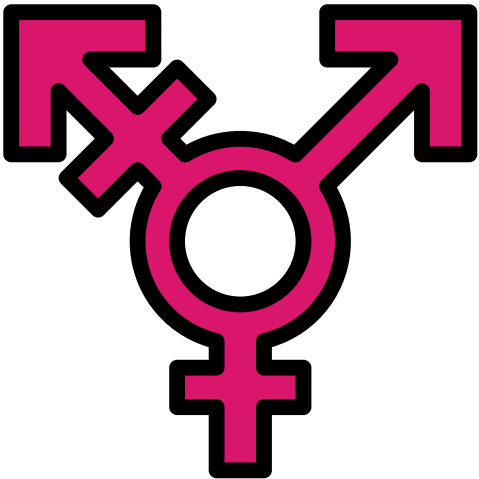
**TRANS GENDER
HORMONE
INJECTION
GROUP
WORKBOOK**



TRANS HEALTH KLINIC

TABLE OF CONTENTS

Reusing/sharing needles...	3
Tips for reducing pain.....	4
Parts of the syringe.....	5
Your equipment.....	6
Mark your dose.....	8
Subcutaneous injections...	9
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REUSING OR SHARING NEEDLES IS DANGEROUS

**If you need needles or
syringes and cannot
afford to get them
from your doctor or
pharmacy, please contact
our peer support line at
204-784-4051**

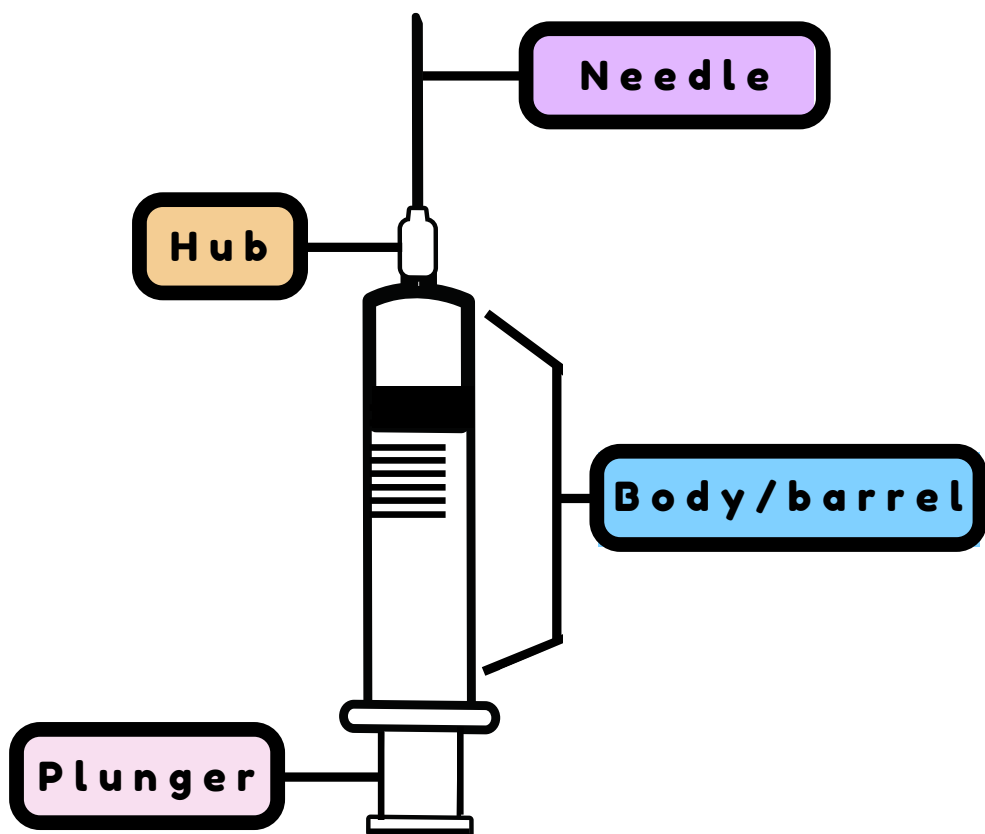
**When
needles are
reused, they
get blunt
(not sharp
enough) and
they hurt
more. They
are also no
longer
sterile
(totally
clean) and
can give you
an infection**

**Sharing
needles
increases
your chance
of getting
bloodborne
infections
such as
HIV/AIDS,
hepatitis B,
or hepatitis C**

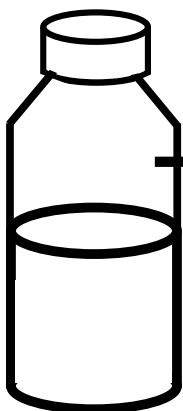
TIPS FOR REDUCING PAIN

- **Never reuse needles**
- **Use different needles for drawing up (putting the meds inside the syringe) and for injecting (1 large & 1 small)**
- **Let the skin dry fully from the alcohol swab before beginning the shot (it stings a lot if you don't!)**
- **Stay relaxed & calm**
- **Make sure your meds are room temperature**
- **Push the needle into your skin quickly**
- **Push the needle straight into the skin, and pull it straight out again without changing direction or wiggling the syringe**

PARTS OF THE SYRINGE



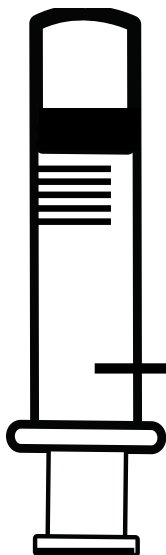
YOUR EQUIPMENT



**Medication (meds):
vial/bottle of
hormones.**



**Alcohol
swabs:
These will be
used to clean
the
medication
bottle and
the area of
skin that you
are injecting
into**



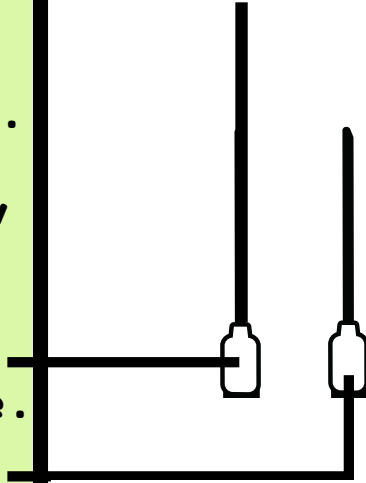
Syringe

**Two needles:
1 large blunt
tip (flat; not
sharp) needle.**

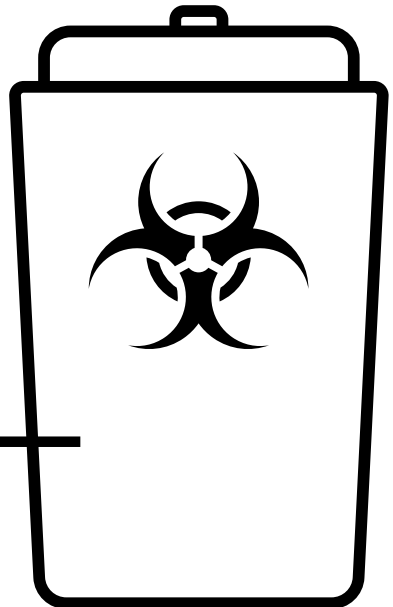
**This will be
used to "draw
up" the meds
into the
syringe.**

1 small needle.

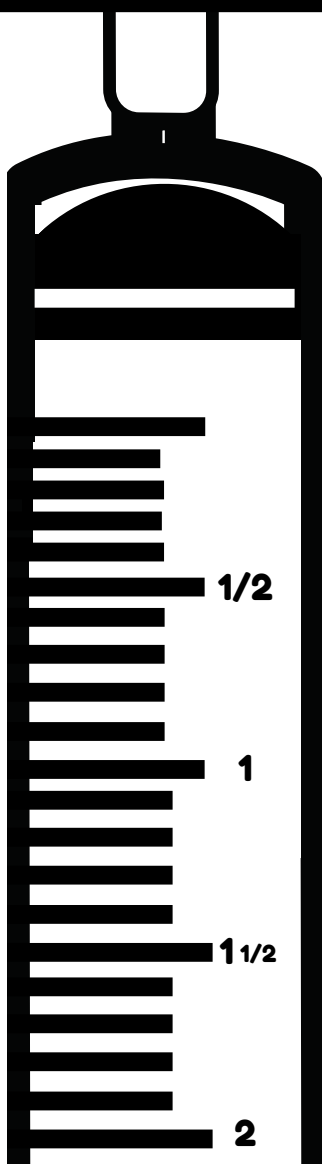
**This will be
used to inject
the meds into
your skin**



**Sharps bin:
This will be to
dispose of your
used needles.
You can pick
one up from
your local
pharmacy**



MARK YOUR DOSE



ALL ABOUT SUBCUTANEOUS INJECTIONS

**IF YOU ARE DOING YOUR
SHOT INTRAMUSCULARLY (IN
THE LEG MUSCLE) YOU CAN
SKIP AHEAD TO PAGE 29**

ABOUT SUBCUTANEOUS NEEDLES

- The higher the gauge (g) number, the smaller the needle is
- The large blunt fill needle is 18g, which is just over 1 millimetre (mm) wide. You will not be injecting with this needle. It is for drawing up the medication only
- The smaller needle (which you will be injecting with) is 25g (which is just under $\frac{1}{2}$ of a mm thick)
- The smaller needle length is $\frac{5}{8}$ inch (just over $\frac{1}{2}$ an inch)

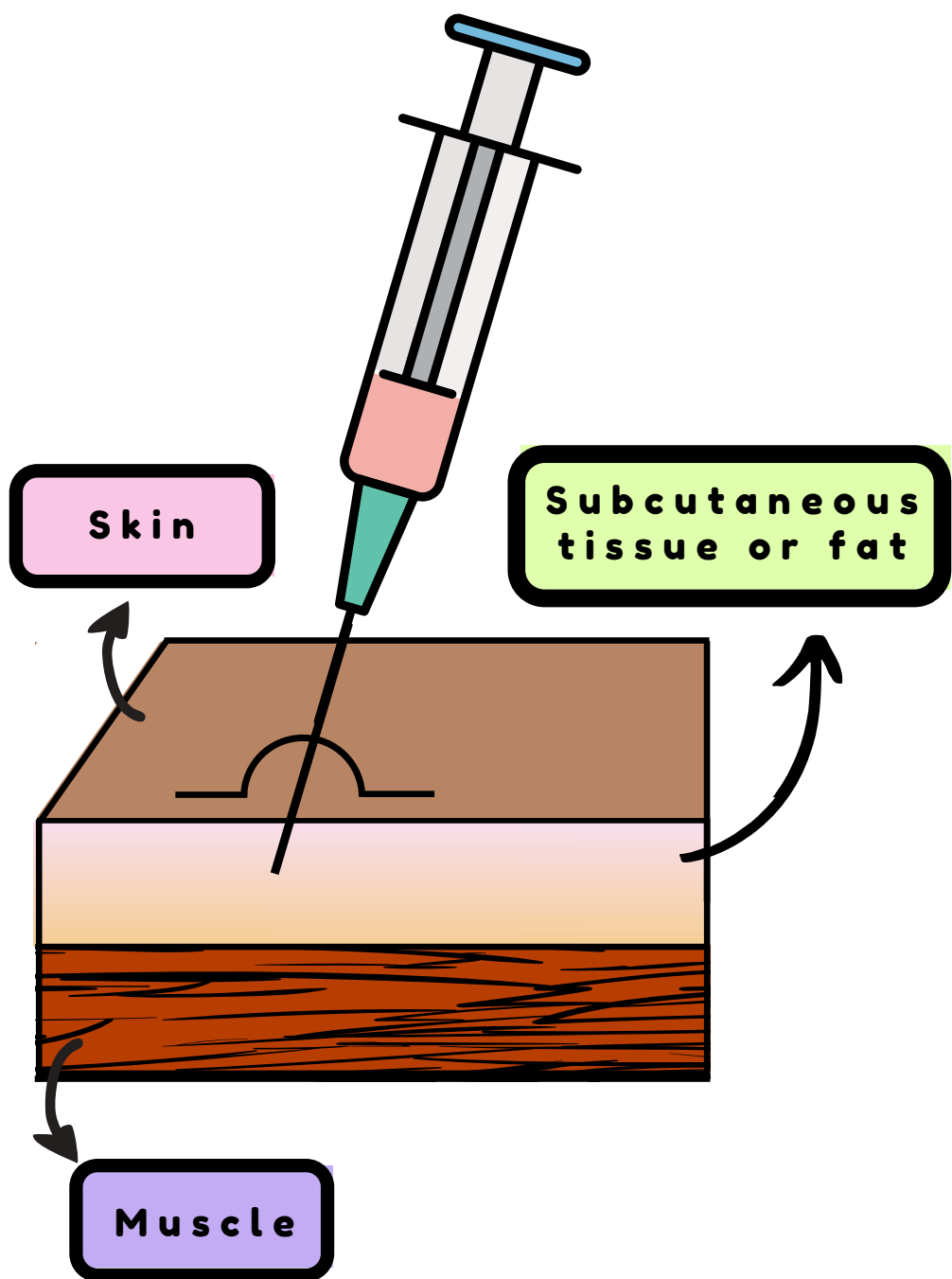
WHAT DOES SUBCUTANEOUS INJECTION MEAN?

**These shots
are typically
given in the
tummy**

**Also
called
"sub q"**

**Your shot is
going into the
layer of fat
under your
skin (not the
muscle, which
is deeper!)**

**Subcutaneous
means
"applied
under the
skin"**



HOW TO DO A SUBCUTANEOUS INJECTION

1

Setting up

- Clean a space to do the shot & get everything ready:

Your hormones vial (bottle)

1 syringe

2 needles (1 big 18g & 1 small 25g)

2 alcohol swaps

Sharps box

- Wash your hands

**DO NOT USE A
MEDICATION
WITH VISIBLE
PARTICLES,
MEDICATION
THAT IS
DISCOLORED,
OR IS EXPIRED**

**HAND
WASHING IS
ONE OF
THE MOST
IMPORTANT
THINGS YOU
CAN DO TO
PREVENT
INFECTION!**

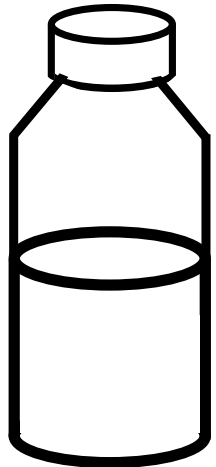
**WASH YOUR
HANDS FOR 30
SECONDS**

**IF YOU DO NOT HAVE
ACCESS TO WARM
WATER AND SOAP
YOU MAY USE HAND
SANITIZER INSTEAD**



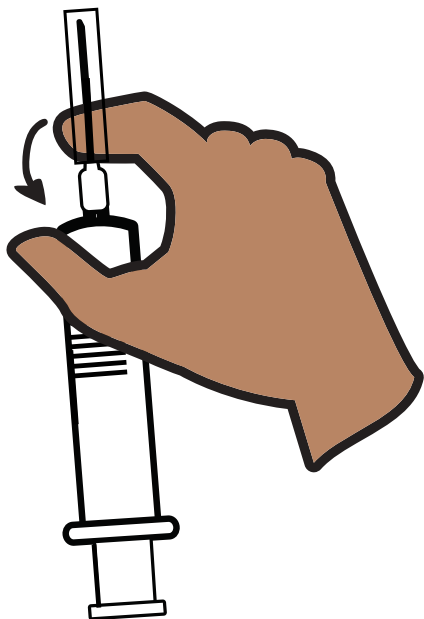
2**Preparing the shot**

- **Take the cap off of your vial (and throw it away)**
- **Clean the top of your vial with one of the alcohol swabs for a full 30 seconds (this is how long it takes to kill any bacteria that may be on it)**
- **Open up all of your packaging that's holding your big & small needles and other equipment, but keep everything inside (the inside of your packaging is sterile)!**



**DO NOT USE ANY
PACKAGE THAT IS
DAMAGED OR
OPENED!**

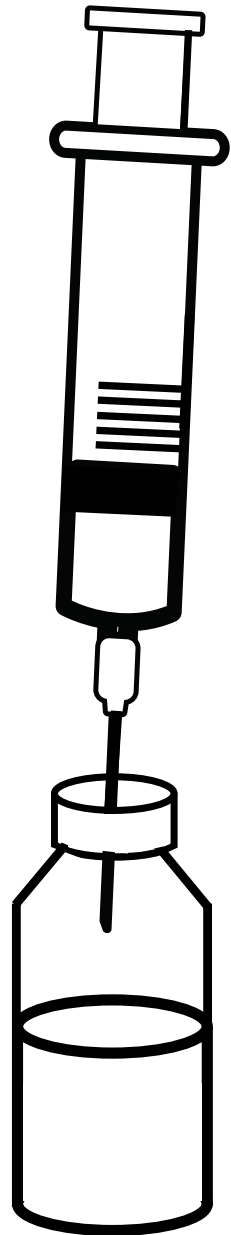
- Take out your syringe and pull the cap off with a straight up motion
- Remove the small needle (if it's attached) in a twisting motion (as shown) and place back inside the packaging (you will be using this for your injection later on)
Skip this step if your small needle is already not attached



- Attach the big needle to the syringe in a twisting motion
- Pull the cap off of the big needle (straight up motion)

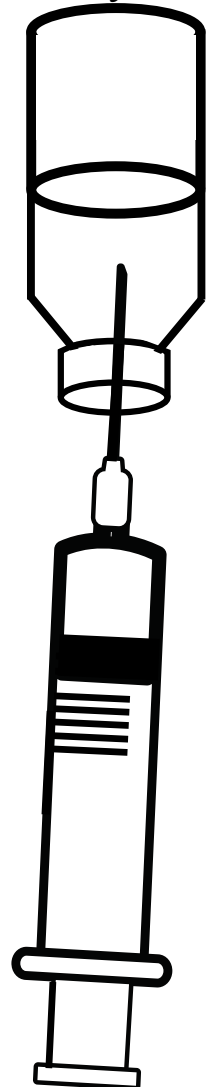
- Pull back the plunger to put air into the syringe. The amount of air should be the same amount as the dose of medication that you are going to inject.
- Keep the vial on your flat working surface and stab the needle straight down through the centre of the rubber stopper into the bottle (as shown)

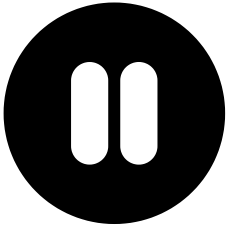
**MAKE SURE
THAT THE
NEEDLE
DOESN'T
TOUCH
ANYTHING
OTHER THAN
YOUR VIAL!**



- Push the plunger of the syringe down and push the air into the vial
- Keeping the needle in the vial, turn the vial upside down and hold it in the air at eye level (as shown)
- Make sure the needle tip is in the liquid

PUSHING AIR INTO THE VIAL KEEPS A "VACUUM" FROM FORMING. IF YOU PUT IN TOO LITTLE AIR, YOU WILL FIND IT HARD TO DRAW OUT THE MEDICINE. IF YOU PUT IN TOO MUCH AIR, THE MEDICINE MAY BE FORCED OUT OF THE SYRINGE





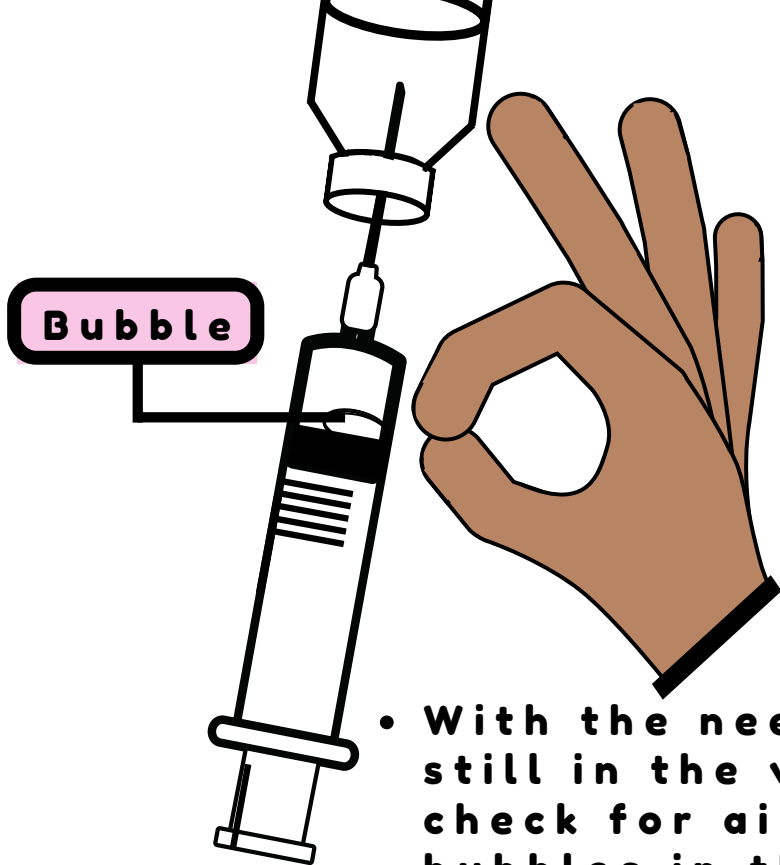
PAUSE AND
REMEMBER "PAF"

Poke → Air → Flip

Poke the top of your vial
with your needle

Inject **A**ir into your vial by
pushing the plunger

Flip the vial upside down



- With the needle still in the vial, check for air bubbles in the syringe

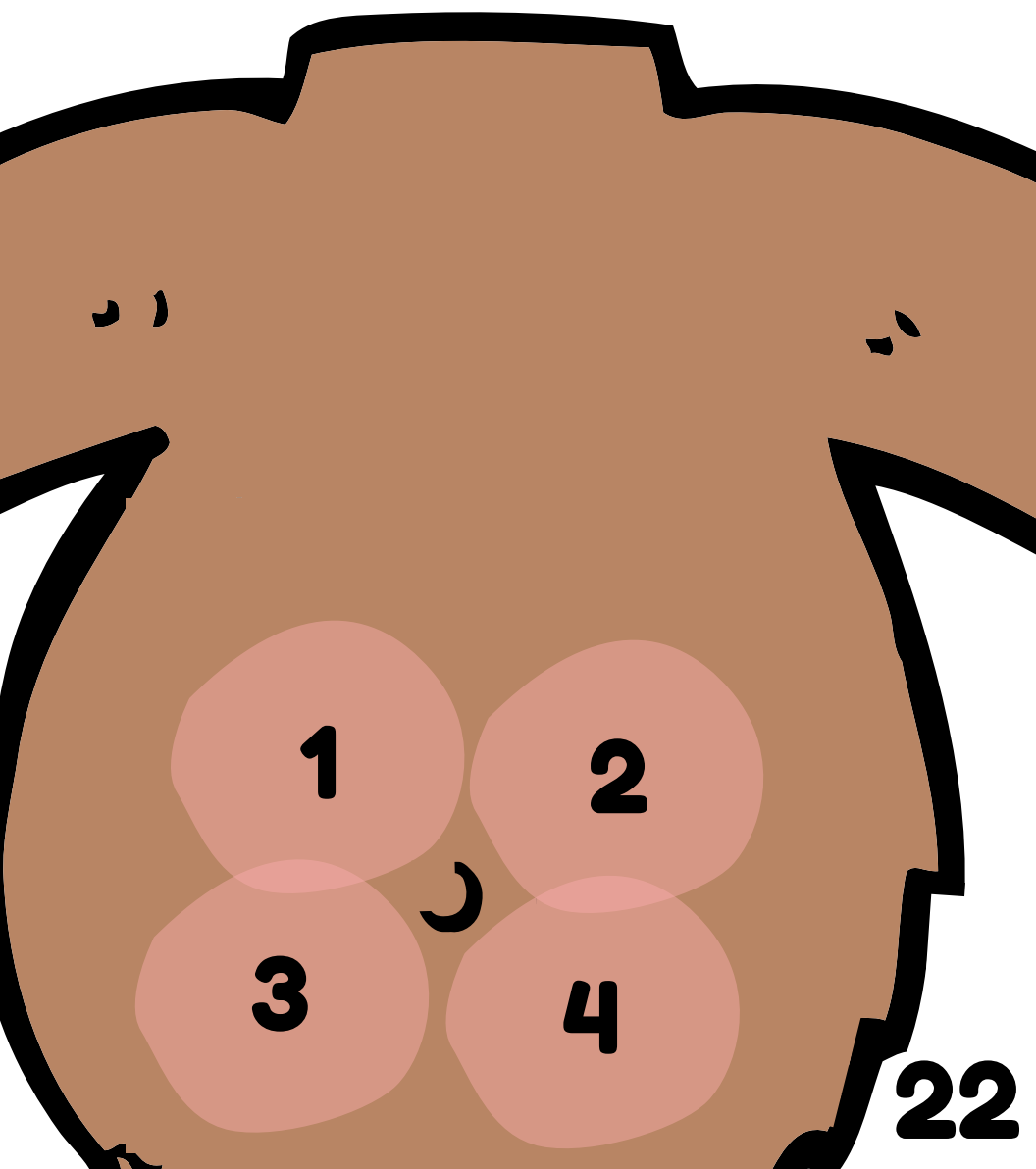
- If there are air bubbles, gently tap/flick the syringe until the air bubbles rise to the top. Then slowly push the plunger up to push the air bubbles out without taking the needle out of the bottle (as shown)
- After the air bubbles are gone, pull the plunger back to the line on the syringe that matches your dose

- **Pull the syringe/needle out of the bottle and place your medication bottle back down on your work surface/table**
- **Put the lid back on the big needle, remove it from the syringe (in a twisting motion) and throw it into the sharps container**
- **Next, you're going to put the smaller needle on your syringe -the same way that the bigger one went on (twisting motion)**

**MAKE SURE
YOU HAVE
THE
CORRECT
DOSE!**

3

Preparing the site



- **There are 4 different places ("sites") that you can do your shot**
- **You split your tummy into 4 spots: upper right side, upper left side, lower right side, and lower left side**
- **Start with site 1 and go site 2 the next time you do your shot, then 3, then 4, then finally starting at 1 again**

**IT MAY BE HELPFUL
TO MARK THIS ON A
CALENDAR SO THAT
YOU REMEMBER TO
SWITCH INJECTION
SPOTS**

**MAKE SURE YOU
CAN FIRMLY
PINCH ABOUT ONE
INCH OF SKIN, IF
YOU CAN'T, YOU
MIGHT NEED TO
SWITCH TO
INJECTING INTO
MUSCLE INSTEAD**

4

Giving the injection

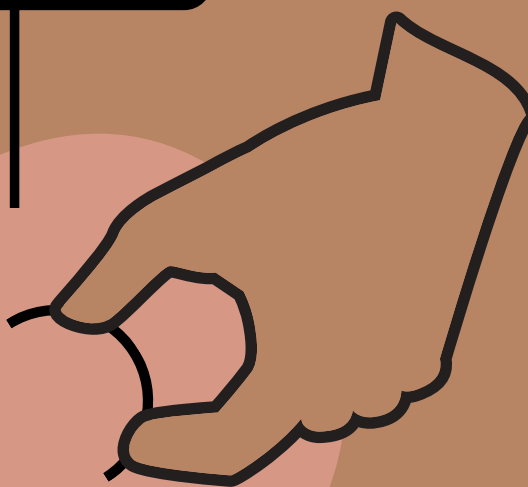
- Clean the area you are going to do the shot in with an alcohol wipe; let the skin air dry for about 30 seconds
- Remove the lid from the prepared syringe (pull straight up)
- Hold the prepared syringe with the hand you will use to give the injection (whichever you are most comfortable with)

AT THE TIP OF THE NEEDLE THERE IS A SMALL "SLOPE" WITH A HOLE IN IT (CALLED THE BEVEL) THAT SHOULD FACE UP WHEN IT GOES IN

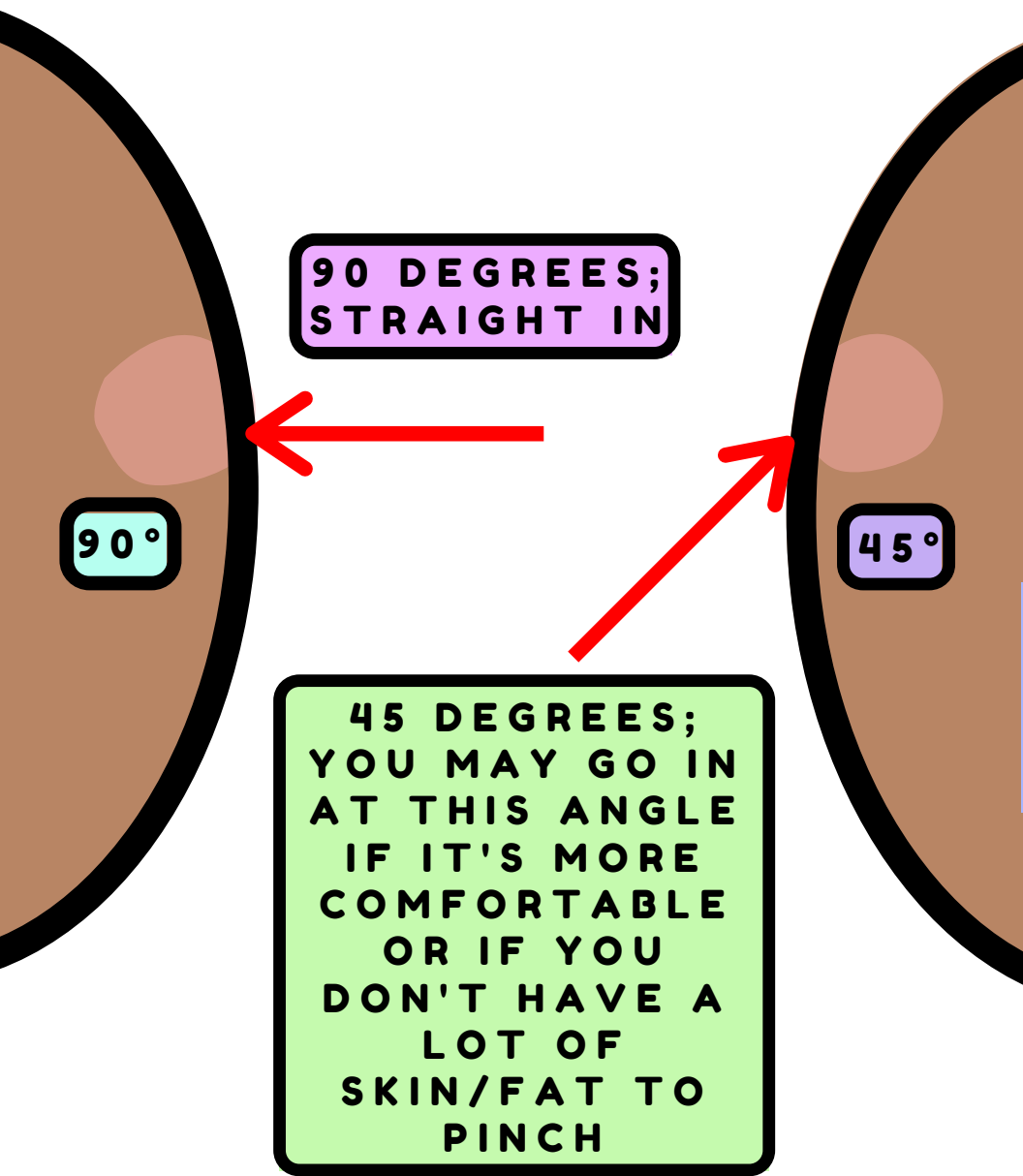


- With your other hand, pinch a fold of skin (you will inject into the skin you're pinching)
- With the bevel up, hold the needle in front of the spot you're going to inject into

**TOP LEFT
INJECTION SITE
(OR SITE #2
FROM PAGE 22)**

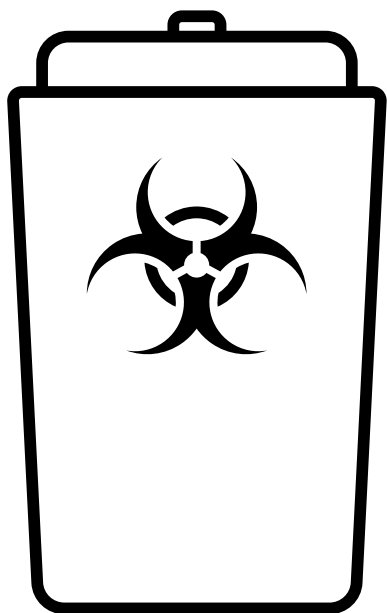


BELLY BUTTON



- With one quick and firm motion, insert the needle either directly into the skin fold at a 90 degree angle, or angle it slightly (45 degrees) if that is easier

- **Next, let go of the skin you have pinched and pinch the hub of the needle (while it's still in) instead**
- **Use your thumb to push the medication into your skin (slowly!)**
- **After all of the medication has been injected, pull back on the syringe to remove the needle from your skin**



- **Throw your used needles into your sharps container (everything else can just go in the trash)**
- **If there is bleeding, you can use a band aid (the small circle ones are best)**



YOU DID IT!

ALL ABOUT INTRAMUSCULAR INJECTIONS

**IF YOU ARE DOING YOUR
SHOT SUBCUTANEOUSLY (IN
THE TUMMY) GO BACK TO
PAGE 9**

ABOUT INTRAMUSCULAR NEEDLES

- **The higher the gauge (g) number, the smaller the needle is**
- **The large blunt fill needle is 18g, which is just over 1 millimetre (mm) wide. You will not be injecting with this needle. It is for drawing up the medication only**
- **The smaller needle (which you will be injecting with) is 23g (which is just over ½ mm thick)**
- **The smaller needle length is 1 to ½ inches long (about the size of your top knuckle on your thumb to the tip of your thumb)**

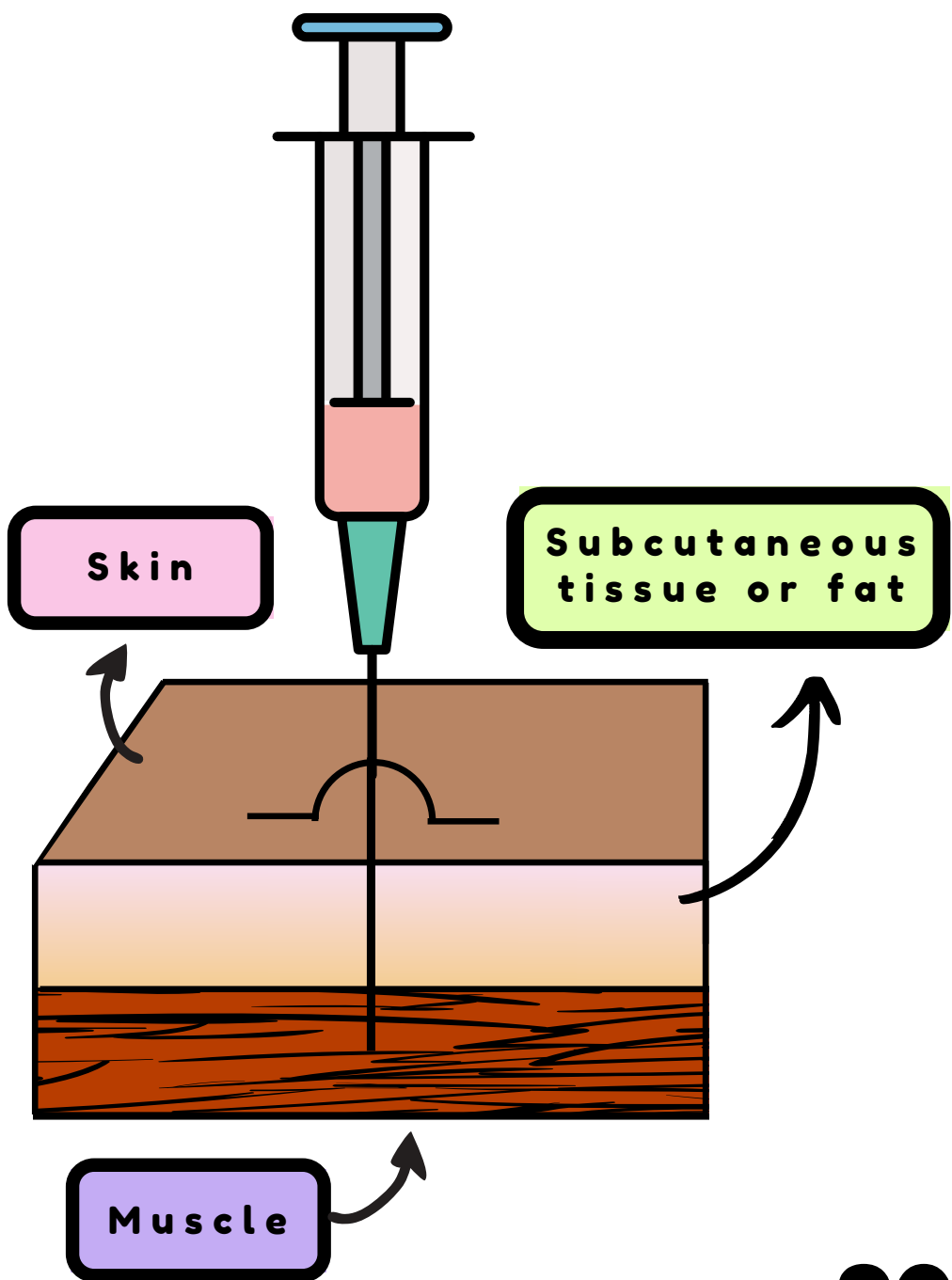
WHAT DOES INTRAMUSCULAR INJECTION MEAN?

**These shots
are typically
given in the
leg**

**Also
called
"I.M."**

**Your shot is
going into
the layer of
muscle under
your skin &
fat (not into
the fat, but
deeper)**

**Intramuscular
means
"administered
into the
muscle"**



HOW TO DO AN INTRAMASCULAR INJECTION

1 — Setting up

- Clean a space to do the shot & get everything ready:
Your hormones vial (bottle)
1 syringe
2 needles (1 big 18g & 1 small 23g)
2 alcohol swabs
Sharps box
- Wash your hands

**DO NOT USE A
MEDICATION
WITH VISIBLE
PARTICLES,
MEDICATION
THAT IS
DISCOLORED,
OR IS EXPIRED.**

**HAND
WASHING IS
ONE OF
THE MOST
IMPORTANT
THINGS YOU
CAN DO TO
PREVENT
INFECTION!**

**WASH YOUR
HANDS FOR 30
SECONDS**

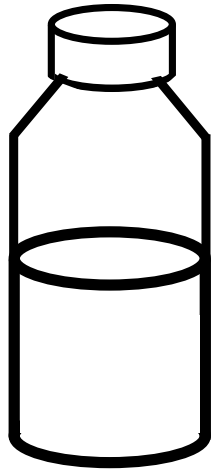
**IF YOU DO NOT HAVE
ACCESS TO WARM
WATER AND SOAP
YOU MAY USE HAND
SANITIZER INSTEAD**



2

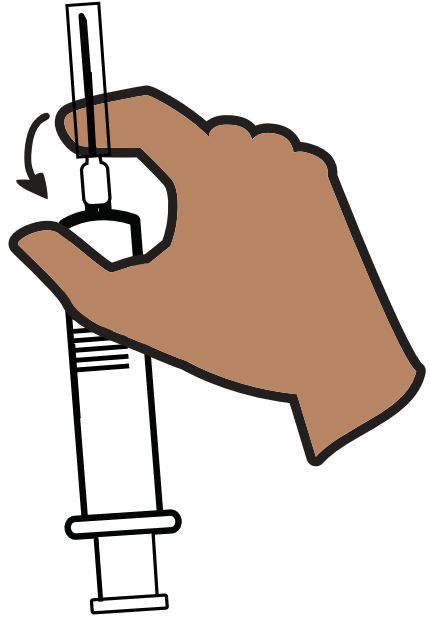
Preparing the shot

- **Take the cap off of your vial (and throw it away)**
- **Clean the top of your vial with one of the alcohol swabs for a full 30 seconds (this is how long it takes to kill any bacteria that may be on it)**
- **Open up all of your packaging that's holding your big & small needles and other equipment, but keep everything inside (the inside of your packaging is sterile)!**



**DO NOT USE ANY
PACKAGE THAT IS
DAMAGED OR
OPENED!**

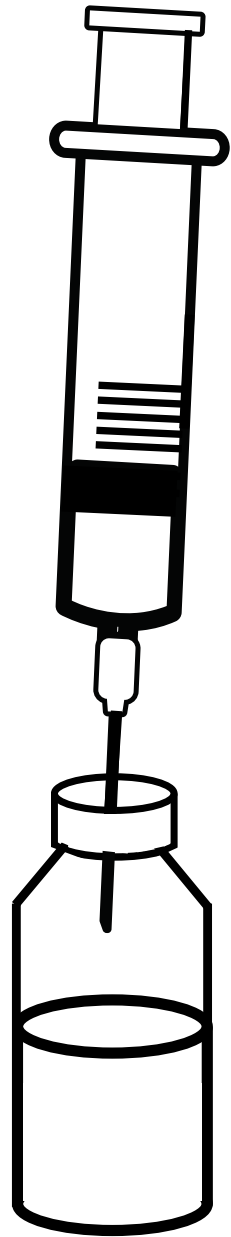
- **Take out your syringe and pull the cap off with a straight up motion**
- **Remove the small needle (if it's attached) in a twisting motion (as shown) and place back inside the packaging (you will be using this for your injection later on).**
Skip this step if your small needle is already not attached

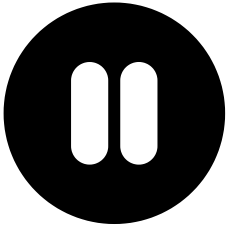


- **Attach the big needle to the syringe in a twisting motion**
- **Pull the cap off of the big needle (straight up motion)**

- Pull back the plunger to put air into the syringe. The amount of air should be the same amount as the dose of medication that you are going to inject.
- Keep the vial on your flat working surface and stab the needle straight down through the centre of the rubber stopper into the bottle (as shown)

**MAKE SURE
THAT THE
NEEDLE
DOESN'T
TOUCH
ANYTHING
OTHER THAN
YOUR VIAL!**





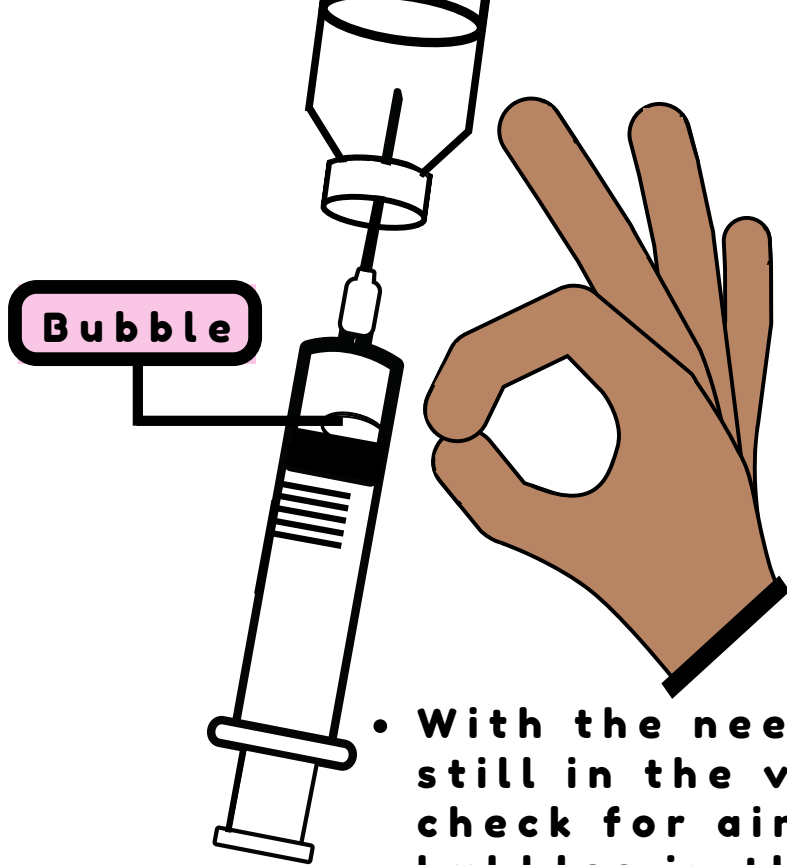
PAUSE AND
REMEMBER "PAF"

Poke → Air → Flip

Poke the top of your vial
with your needle

Inject **A**ir into your vial by
pushing the plunger

Flip the vial upside down



- With the needle still in the vial, check for air bubbles in the syringe

- If there are air bubbles, gently tap/flick the syringe until the air bubbles rise to the top. Then slowly push the plunger up to push the air bubbles out without taking the needle out of the bottle (as shown)
- After the air bubbles are gone, pull the plunger back to the line on the syringe that matches your dose.

- Pull the syringe/needle out of the bottle and place your medication bottle back down on your work surface/table
- Put the lid back on the big needle, remove it from the syringe (in a twisting motion) and throw it into the sharps container
- Next, you're going to put the smaller needle on your syringe -the same way that the bigger one went on (twisting motion)

**MAKE SURE
YOU HAVE
THE
CORRECT
DOSE!**

3

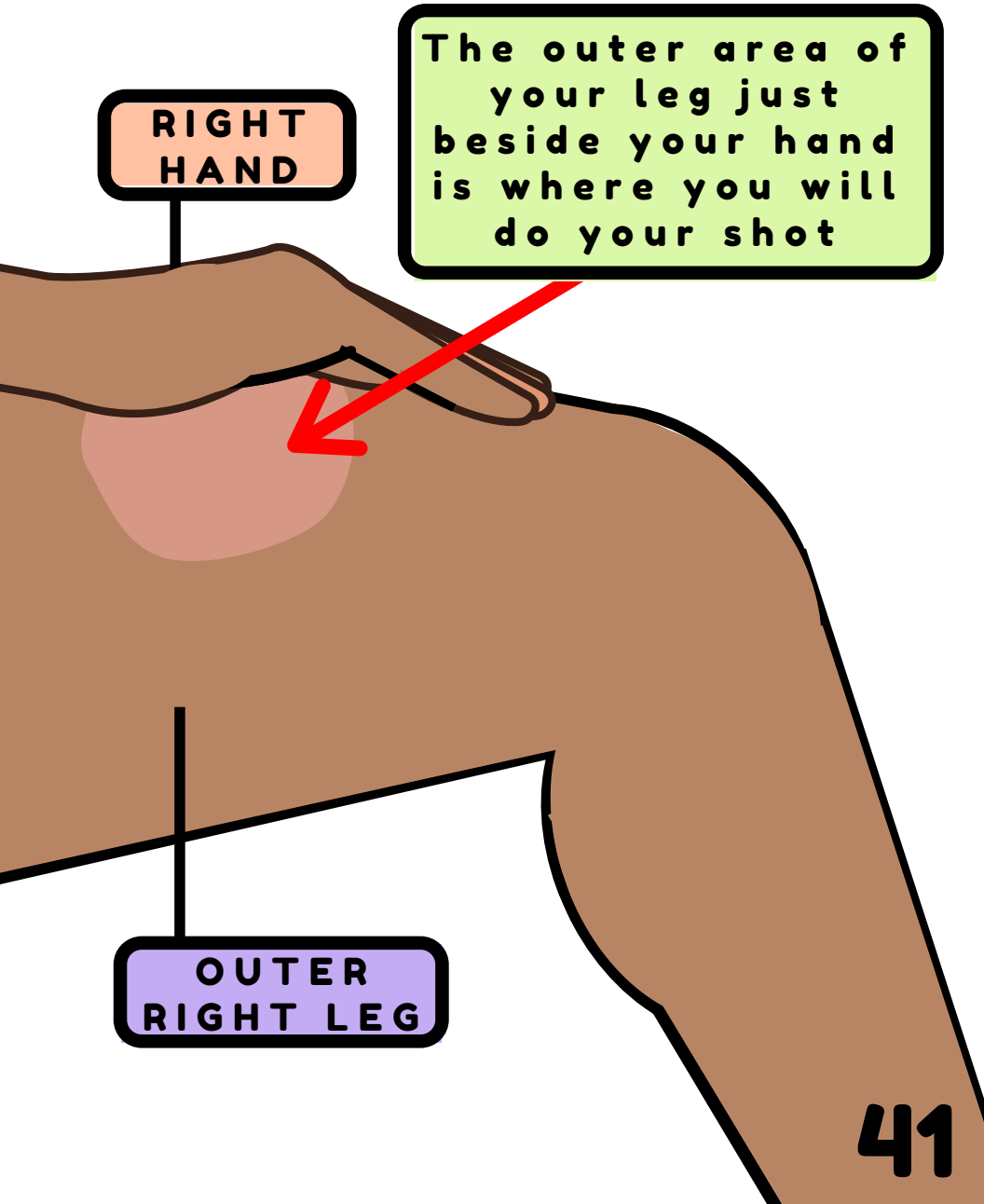
Preparing the site

- Put your hand flat on the top of your leg halfway between your knee & hip

**RIGHT
HAND**

The outer area of
your leg just
beside your hand
is where you will
do your shot

**OUTER
RIGHT LEG**



- **There are 2 different places ("sites") that you can do your shot**
- **If you are injecting into your right leg, your space will be just right of your pinky finger on the outer part of the leg (site 1)**
- **If you are injecting into your left leg, your space will be just left of your pinkie finger on the outer part of the leg (site 2)**
- **Start with site 1 and go to site 2 the next time you do your shot, then back to 1 (alternating sites every time)**

**IT MAY BE HELPFUL
TO MARK THIS ON A
CALENDAR SO THAT
YOU REMEMBER TO
SWITCH INJECTION
SPOTS**

4

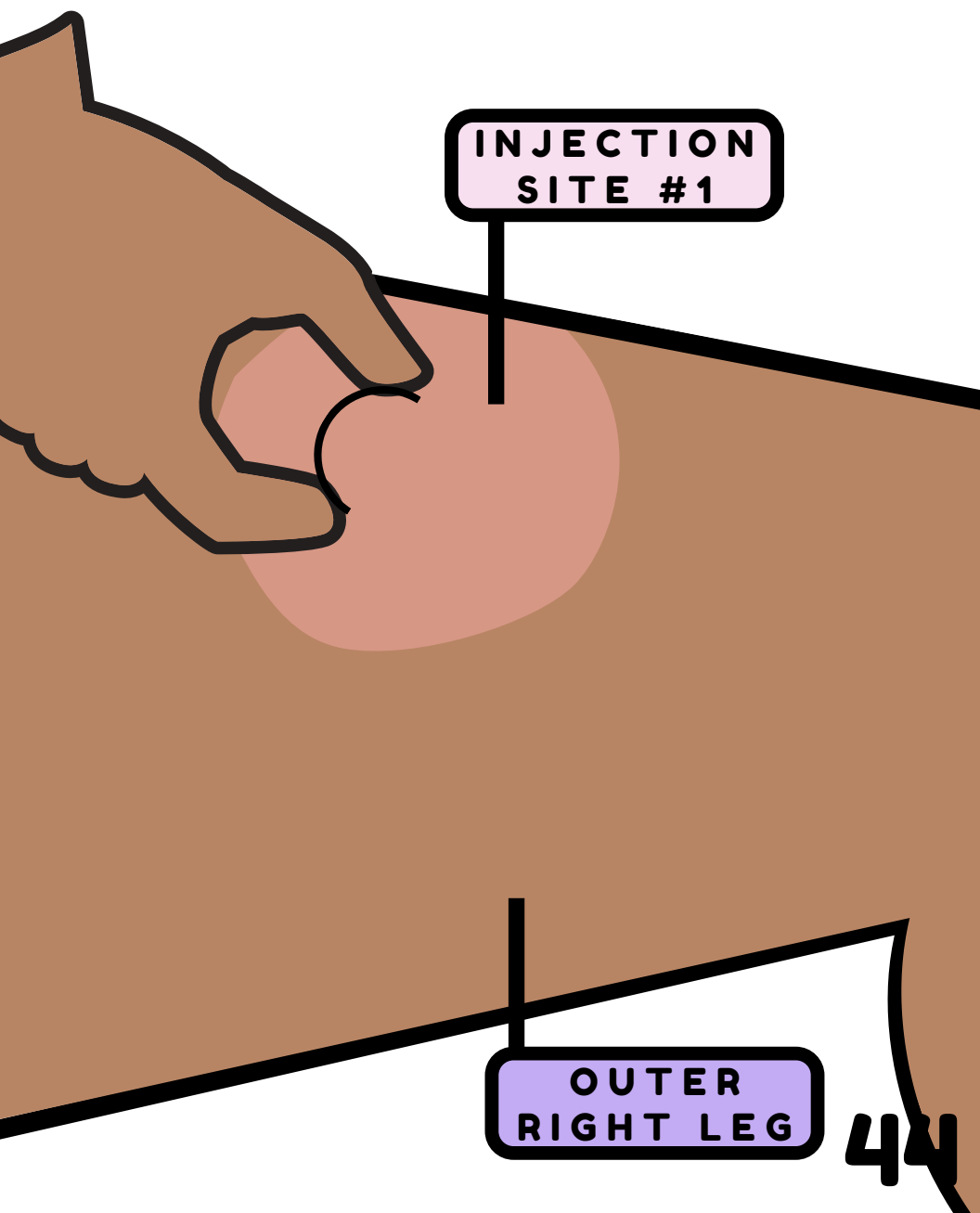
Giving the injection

- Clean the area you are going to do the shot in with an alcohol wipe; let the skin air dry for about 30 seconds
- Remove the lid from the prepared syringe (pull straight up)
- Hold the prepared syringe with the hand you will use to give the injection (whichever you are most comfortable with)

AT THE TIP OF THE NEEDLE THERE IS A SMALL "SLOPE" WITH A HOLE IN IT (CALLED THE BEVEL) THAT SHOULD FACE UP WHEN IT GOES IN



- With your other hand, pinch a fold of skin (You will inject into the skin you're pinching)

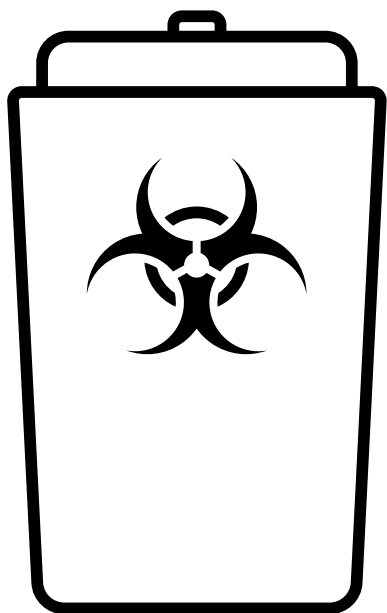


A diagram showing a skin fold on the left side, represented by two overlapping circles in shades of brown and tan. A thick black line runs vertically down the center of the fold. A red arrow points from the right towards the black line, indicating the direction of needle insertion. Above the arrow, a light blue rounded rectangle contains the text '90 DEGREES; STRAIGHT IN'. To the right of the arrow, there are two bullet points describing the injection technique. At the bottom right, the number '45' is displayed in a large, bold, black font.

**90 DEGREES;
STRAIGHT IN**

- With the bevel up, hold the needle in front of the spot you're going to inject into
- With one quick and firm motion, insert the needle directly into the skin fold at a 90 degree angle (straight in)

- **Next, let go of the skin you have pinched and pinch the hub of the needle (while it's still in) instead**
- **Use your thumb to push the medication into your skin (slowly!)**
- **After all of the medication has been injected, pull back on the syringe to remove the needle from your skin**



- **Throw your used needles into your sharps container (everything else can just go in the trash)**
- **If there is bleeding, you can use a band aid (the small circle ones are best)**



YOU DID IT!

**THIS GUIDE
BROUGHT TO YOU
BY YOUR TRANS
HEALTH KLINIC
TEAM . 2020**

**If you have any
questions or
concerns, please call
our front desk at
(204) 784-4090 and
ask to book a phone
appt with nurse Gail**



Klinik COMMUNITY
HEALTH