



HOW TO ADMINISTER A

TESTOSTERONE INTRAMUSCULAR (IM) INJECTION

Feeling Nervous? Totally Normal.

GUIDE

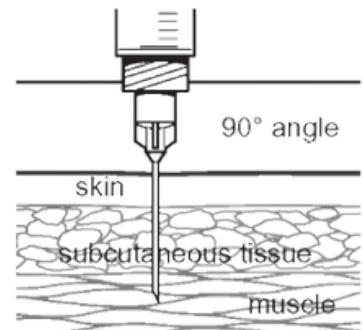
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WHAT IS IM?



What Is an Intramuscular Injection?

An intramuscular (IM) injection delivers medication deep into the muscle tissue. This allows the medication to be quickly absorbed into the bloodstream. Intramuscular shots are given at a 90-degree angle. The needle for IM injections will be a 25 Gauge, 1" in length, adjusted for thickness of site.



Is it safe?

Yes, when you use prescription testosterone, sterile needles, and the correct injection method. Never reuse needles or buy testosterone from unreliable sources.

WHAT SUPPLIES DO I NEED?

- Medication vial (testosterone)
- Disposable syringe and needles
- Alcohol swabs (not always included)



NERVOUS? TOTALLY NORMAL.



We got you covered.

Starting testosterone therapy can be intimidating—but you're not alone. TRT Nation is here to help make self-injection simple, safe, and stress-free. Before your first shot, talk to your telehealth provider. We'll walk you through dosage, safety, and technique.

Got needle anxiety?

Most people do at first, but it gets **easier with practice**.

Here's some tips:

- Use ice or numbing cream.
- Take deep breaths.
- Stretch skin before injecting.
- Try an autoinjector.
- Don't rush—take your time.

QUICK FAQ



Best time to inject?

Any time of day — just be **consistent** with your schedule.



How often?

Usually twice a week, or as directed by your provider.



When will I feel it?

Most men notice changes within a **few weeks**.



01

PREP THE INJECTION



1. Clean your work area.

Choose a flat, well-lit surface and wipe it down with a clean cloth or disinfectant wipe to reduce the risk of contamination

2. Keep vial stored at room temperature.

Never store in refrigerator, it can crystallize the medication.
Store at room temperature and let sit for a few minutes before injecting to reduce discomfort.

3. Clean the vial.

Wipe the rubber stopper on top of the vial with an alcohol pad and let it dry completely.

4. Verify your medication.

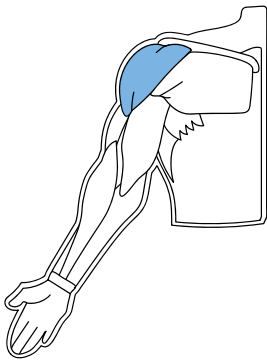
- Double-check that the vial label matches the testosterone your doctor prescribed.
- Confirm the correct strength and dosage.
- **Do not use** the medication if it is discolored, or contains particles.



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PREPARING THE INJECTION SITE



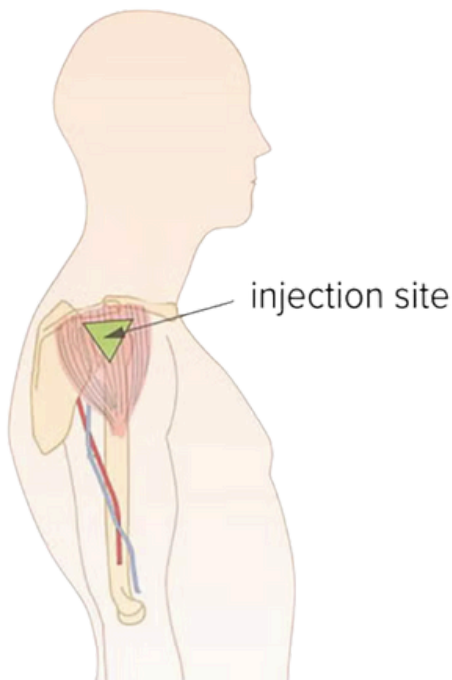
1. Locate the deltoid muscle.

Divide your upper arm (from the top of the shoulder to the elbow) into **3 equal vertical sections**.

The injection site is in the outer middle third of the upper arm.

2. Find the correct spot.

Place **two to three finger widths below the bony top** of your shoulder (the acromion). This marks the upper boundary of the injection zone.



3. Use the “V” method.

Make a **V shape** with your index and middle fingers, placing them just below the acromion. The **center of the V** is the ideal spot for your injection.

03

CLEANING THE INJECTION SITE



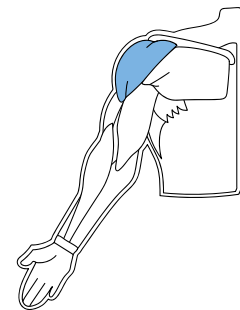
1. Wash your hands.

Use soap and warm water for at least **20 seconds**, then dry them with a clean towel.



2. Clean the injection site.

Wipe the chosen area with an **alcohol pad** using a circular motion, starting at the center and moving outward.



3. Let it dry completely.

Allow the alcohol to air dry before injecting, **do not** blow on or fan the area.

4. Wear gloves if desired.

- If you're self-injecting, gloves are optional.
- If another person is giving the injection, they should **always** wear gloves for safety and hygiene.



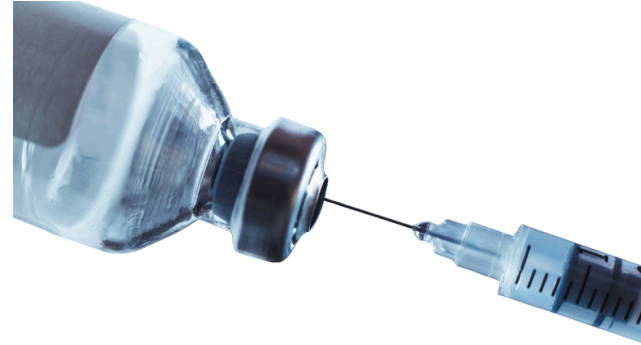
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DRAWING THE DOSE



1. Attach the needle to the syringe.

Make sure it's secure but not over-tightened.



2. Pull air into the syringe.

Draw back the plunger to fill the syringe with air equal to your prescribed dose.

3. Insert the needle into the vial.

Push the needle through the rubber stopper and inject the air into the vial. This helps maintain proper pressure for easier withdrawal.

4. Draw up your dose.

Invert the vial and slowly pull back the plunger to draw the prescribed amount of testosterone into the syringe.

5. Remove air bubbles.

Gently tap the syringe to move air bubbles to the top, then push the plunger slightly until all air is expelled and the correct dose remains.

05

GIVING THE INJECTION



1. Hold the syringe like a dart.

Use a firm, controlled grip for better accuracy and stability.

2. Insert the needle at a 90-degree angle.

Quickly and smoothly insert it straight into the muscle.

3. Check for blood.

Pull back the plunger slightly (this is called aspiration).

- If you see **blood** in the syringe, remove the needle and start over at a new site.
- If **no blood** appears, continue.

4. Inject the medication.

Push the plunger slowly and steadily to deliver the medication into the muscle.

5. Withdraw the needle and apply gentle pressure.

Remove it at the same angle it was inserted. Use a clean gauze pad or Band-Aid to cover the site. Light pressure can help reduce bleeding or soreness.



06

AFTER THE INJECTION



1. Ease soreness.

Mild tenderness is normal. You can apply an ice pack for 10–15 minutes if the area feels sore. Avoid rubbing the site too hard.

2. Keep the area clean.

Wash the skin gently if needed and avoid touching or scratching the injection site to reduce the risk of irritation or infection.

3. Rotate injection sites.

Don't inject into the same spot every time. Rotate between arms (or other approved sites) to help prevent soreness, scar tissue, or lumps from forming.

4. Dispose of supplies safely.

Follow your local guidelines or pharmacy instructions for disposal.

REMEMBER:

Own your routine. With TRT Nation backing you, self-injection becomes simple, confident, and second nature.

STEP-BY-STEP GUIDE



PREP THE INJECTION

01

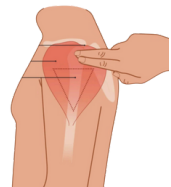
Clean your area, warm the vial to room temp, and swab the top. Check the label and expiration date before use.



LOCATE DELTOID SITE

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Go 2–3 finger widths below your shoulder in the outer middle of your arm. Make a V with your fingers—inject right in the center.



SANITIZE

03

Wash hands, wipe the spot with alcohol, and let it dry. Gloves optional for you—a must if someone else is doing it.



DRAW THE DOSE

04

Attach needle to syringe, pull air equal to dose, insert into vial, inject air. Slowly draw dose, tap out bubbles.



INJECT

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Hold like a dart, insert straight in at 90°, check for blood (if yes, use new spot), inject slowly, remove and apply pressure with gauze or a band-aid.



AFTERCARE

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Ice if sore, keep clean, rotate injection sites each time.

