

THE TIP GUIDE TO HORMONES & SELF-INJECTION

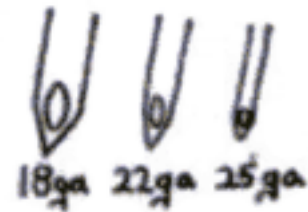
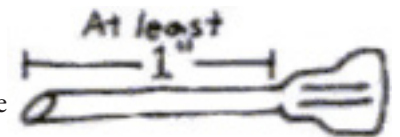
THIS GUIDE WAS DESIGNED FOR PEOPLE OUTSIDE OF PRISON. BECAUSE OF THIS, SOME OF THE INFORMATION IT OFFERS MAY NOT BE USEFUL TO THOSE IN PRISON. HOWEVER, SOME OF THE BASICS, SUCH AS HOW TO INJECT, MAY BE USEFUL TO THOSE BEHIND BARS.

ABOUT NEEDLES AND SYRINGES

NEEDLES

Every needle has a length and a gauge (width). The length of the injection (second) needle must be at least one inch for intramuscular injection.

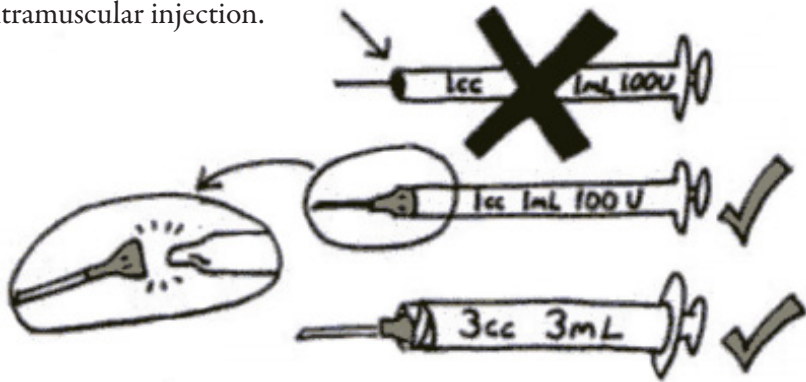
The bigger the gauge number, the smaller the needle and the harder you will have to push. You can use any of these gauges:



SYRINGES

Every syringe has a size measured in milliliters (mL) cubic centimeters (cc) or units (U). One mL is the same as one cc is the same as 100 U. You will need a size at least as large as your shot.

Make sure that the needle on the end of the syringe can be removed. The needles on some 1mL syringes are cemented on. You can't use these for intramuscular injection.



WHERE TO INJECT

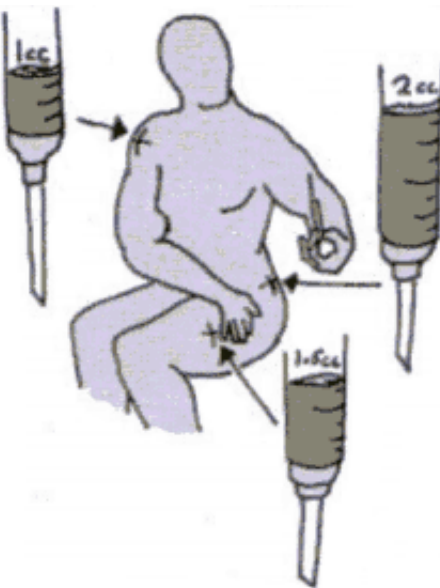
You are injecting medication into a large muscle group. There are three that people should use: the deltoid (shoulder), the thigh (leg), and the butt.

You can choose where to inject your medication. Here are some tips:

Deltoid (shoulder) - the big muscle at the top outside of your arm. Do not inject more than 1cc (1mL, 100U)

Thigh (leg) - the outer side of the middle of your upper leg. Do not inject more than 1.5 cc (1.5mL, 150U)

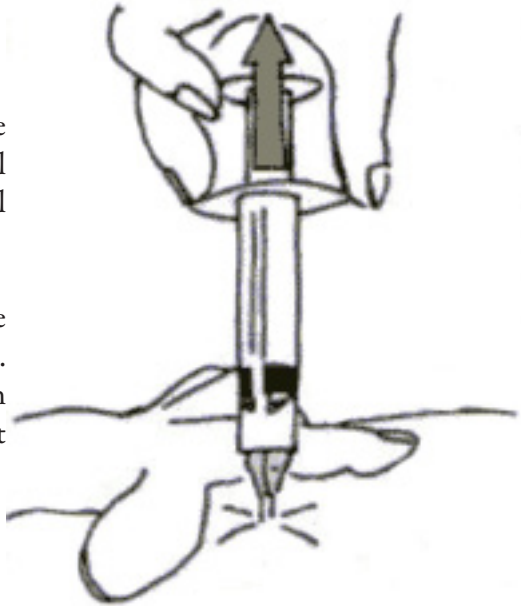
Butt - the upper outer quarter of a single butt cheek, above the joint and



For information on syringe care in prison, read *Keeping Fit* by Prisoners with AIDS/HIV Support Action Network.

Pull back slightly on the plunger. You should feel resistance, or else see a small air bubble enter the syringe.

If you see blood in the syringe, the tip is in a vein. Pull it out and start over with a new needle in a different muscle.

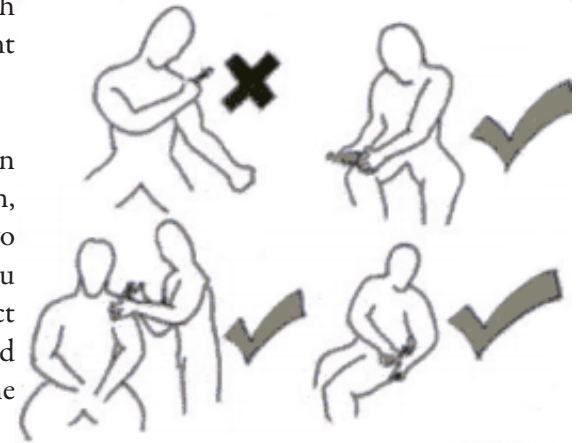


If there is no blood in the syringe, you are ready to do the shot. Push the plunger firmly until all the medication is in the muscle.

Pull the syringe back out and put it in a container. Put a band-aid over the injection site and you're done.

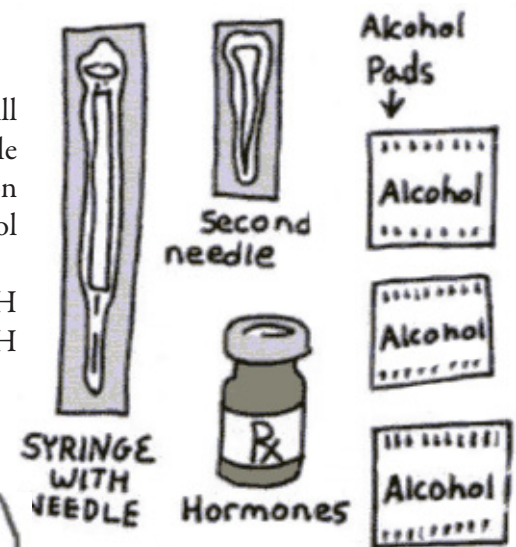
below the hipbone. Do not inject more than 2cc (2mL, 200U)
Do not inject in the same place twice in a row. Change which side (left or right) you use each shot, or choose a different muscle.

When doing an intramuscular injection, you need to use two hands. Therefore, you should never try to inject yourself in the deltoid (shoulder). Get someone else to inject you there.



PREPARING THE SHOT

These are the things you will need: a syringe with a needle (first needle), an injection (second) needle, three alcohol pads, and your hormones. The first step is to WASH YOUR HANDS WITH SOAP!



Next, clean the hormone bottle by wiping the rubber part of the top with the first alcohol pad.

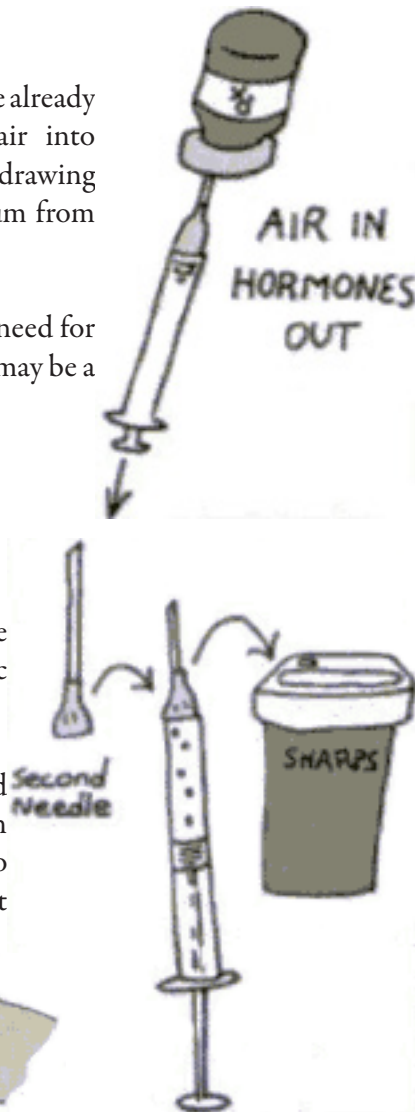
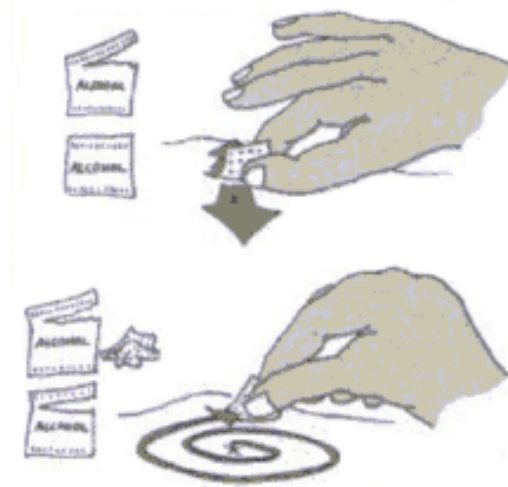
Open the syringe and, using the needle already attached, inject exactly as much air into the hormone bottle as you will be drawing hormones out. This prevents a vacuum from forming in the bottle.

Draw up as much medication as you need for your shot. Try to avoid bubbles. This may be a very slow process.

GETTING READY

Open the injection (second) needle package, but do not remove the plastic cap.

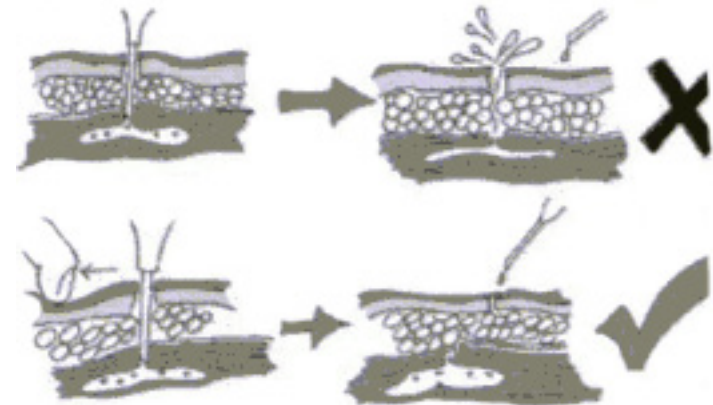
Pull the needle off the syringe and put it in a container. Put the injection (second) needle onto the syringe. Do not take the plastic cap off until right before you do the shot.



Clean the skin around the injection site with two more alcohol pads. Scrub with the first, then wipe with the second. Let the alcohol air dry.

The needle will make a hole in each layer of tissue between your skin and your muscle.

If you pull the skin to one side with your other hand before doing the shot, these holes will not line up and your hormones will not leak back out.



DOING THE INJECTION

Hold the syringe the way you would hold a pencil.

While pulling the skin to one side with your other hand, slowly push the needle straight into the muscle, at least an inch deep. Don't inject yet!

