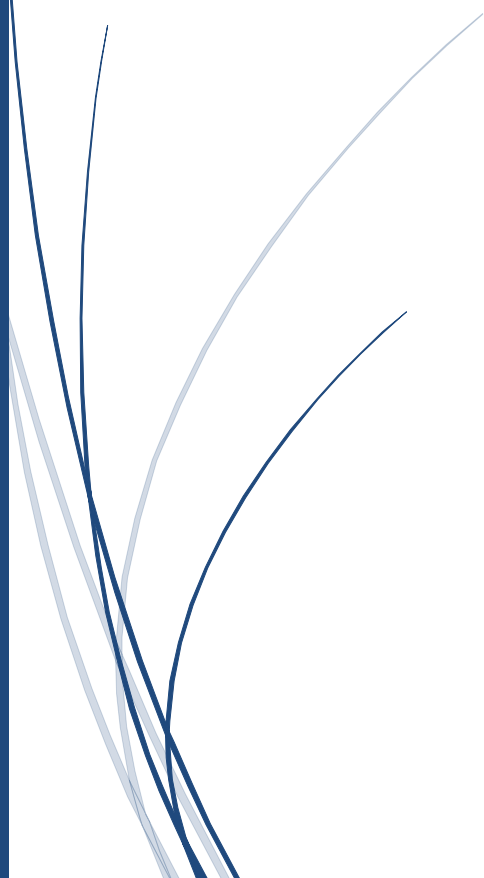


Pointe Medical Services, Inc.

# Step-By-Step Instructions

***How to Administer a Testosterone Injection***



**Medical Information Disclaimer:** The information and reference materials contained in this document are intended solely for the general information of the reader. Every effort has been made to ensure that the information provided by Pointe Medical Services, Inc. ("Pointe Med") in this document is accurate, up-to-date, and complete, but no guarantee is made to that effect. This information is only provided as a supplement to, and not a substitute for, the expertise, skill, knowledge and judgment of your doctor. It is not, and should not, in any way or form be considered as medical advice. Pointe Med does not assume any responsibility for any aspect of healthcare administered with the aid of this information. Anyone who reads the information in this document hereby releases Pointe Med and any and all of its shareholders, employees or agents from any and all liability whatsoever associated with use of the information and reference materials. The information provided is not intended to cover all possible uses, directions, precautions, warnings, drug interactions, allergic reactions, or adverse effects. Talk with your doctor if you have questions about individual health concerns, specific treatment options, drug dosages or advice regarding self-injection.

### ***How to Administer a Testosterone Injection: Same as Intramuscular***

1. Make sure your area is clean. Gather the supplies you need and place them on a clean, dry surface.
2. Wash your hands well with soap and warm water.
3. Get in a relaxed position (i.e. standing up, sitting down with back straight in a chair representing good posture).
4. Take an alcohol wipe and tear down the sides to remove the wipe.
5. Clean an area 2 inches in diameter where the injection is going to be made with the alcohol wipe for 3 to 5 seconds. Use firm circular motions while moving outward from the injection site. Let the area dry for 20 seconds. (Figure 1)



*Figure 1*

6. Remove the cap of the needle from the prefilled Testosterone syringe, being careful not to touch the needle.
7. With your thumb and index finger of your non-dominant hand, spread the skin out from the site of the injection.
8. Try to relax the muscle you will be injecting; as injecting into tense muscles will be more painful.
9. Hold the syringe with your thumb and index finger of your dominant hand for maximum support, as you would a pencil. (Figure 2)



*Figure 2*

10. Quickly pierce the skin with the needle at a 90 degree angle and insert the needle all the way into the muscle. Proceed to push down on the plunger so the liquid comes out of the syringe and into the muscle. Make sure all the liquid has left the syringe. (Figure 3)



Figure 3

11. Remove the syringe and needle and check the injection site to see that there is no blood or left over medication. Place the needle cover back on the needle and then place in an appropriate storage container (sharps, orange juice carton, etc.). Dispose of used needles as directed by your doctor. (Figure 4)



Figure 4

12. Rub this site in a circling motion for 10-15 seconds with slight pressure so the site will return to normal size. Otherwise, a bump or rising of the skin may occur at the site of the injection.
13. Wash your hands with soap and warm water, record the date, time and site of injection on a record sheet. It is recommended that you alternate body sites each time you give an injection. Keeping a written record will help you remember where you injected last.
14. Afterwards, monitor signs of redness, swelling, irritation or bleeding at the injection site. Observe yourself for 15 minutes to make sure no reaction has occurred or ask someone to monitor you as well.
15. Contact your physician if: (i) a fever, sneezing, or coughing develops after the injection; or (ii) there is a lump, swelling, or bruising where the injection was given that does not go away.
16. Seek care immediately or call 911 if: (i) a rash or itching develops after the injection is given; (ii) shortness of breath develops after the injection is given; or (iii) the mouth, lips, or face swells after the injection is given.