



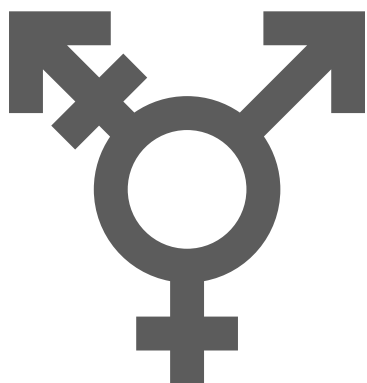
Safer Injection Instructions

INJECTION SUPPLIES

Draw-up needle: size 18-22 gauge needle
One 22 or 23 gauge needle for IM or
One 25 gauge for SubQ
Two alcohol swabs
hand soap and water or BZK wipe
Band aid
Sharps container
Gauze

SELF-INJECTION SAFETY

- Never reuse needles
- Use separate drawing up and injecting needles
- Let the skin dry fully from alcohol wipe before beginning the injection
 - Keep muscles in the injection area warm and relaxed
- Inject medicine that is at room temperature
- Break through skin quickly with the needle
- Insert the needle straight into the skin, and pull it out again without changing directions



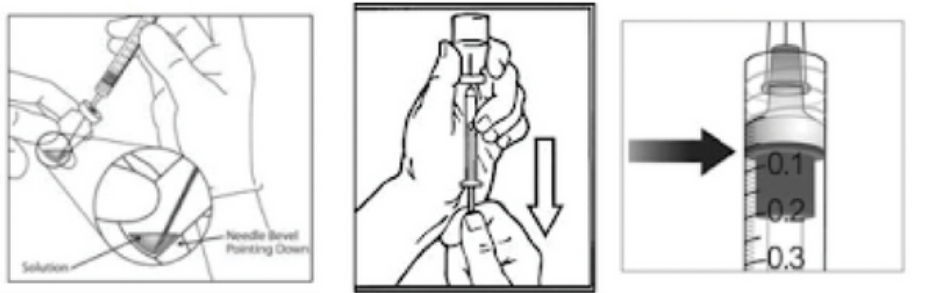
INTRAMUSCULAR (IM) INJECTIONS

Step 1: Wash your hands with either soap and water or a BZK wipe.

Step 2: Remove hormone bottle cap, rub rubber stopper with alcohol swab to disinfect it.

Step 3: Attach draw-up needle to barrel; avoid touching area where barrel and needle meet.

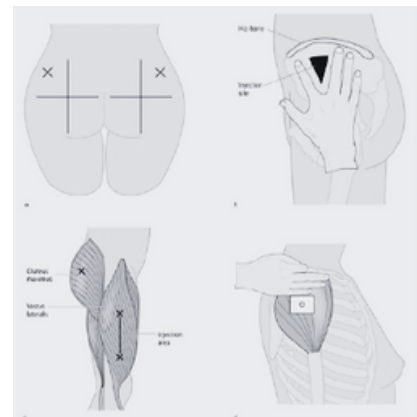
Step 4: Insert needle into hormone bottle. Hold bottle and needle upside down, then draw in hormone injection amount. If there is air in the syringe, tap it several times until it reaches the top of the syringe and expel it.



Step 5: Remove draw-up needle and attach a new 22-23 gauge needle for injection

Step 6: Cleanse the upper outer portion of the buttocks, the outer portion of the shoulder, the upper front portion of the hip, or the upper thigh.

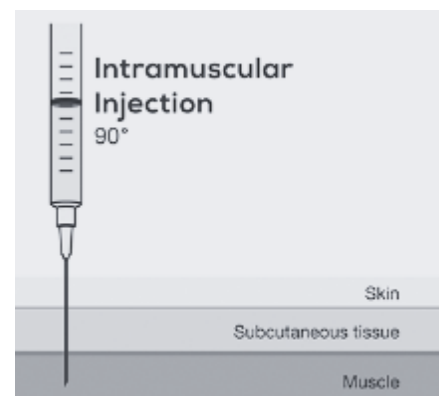
Step 7: Insert needle into your muscle at a 90 degree angle, gently pull back on barrel to check for blood. If there is blood, insert a new needle and try again in a different injection area. Next, inject the hormone. You may experience a burning/pressure sensation as the hormone enters your muscle.



Step 8: Remove needle from skin.

Step 9: Apply pressure with gauze and gently massage. Apply band aid if needed.

Step 10: Dispose of all needles and barrels into a sharps container or thick plastic container. A sharps container can be received at any of Tapestry's Harm Reduction locations.



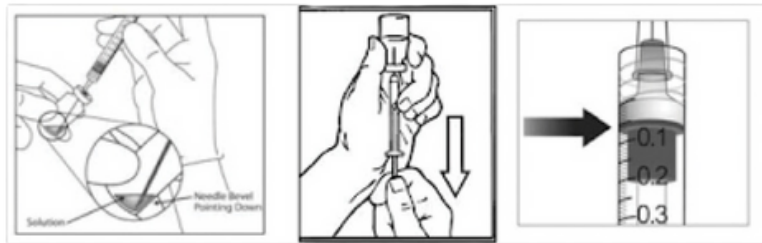
SUBCUTANEOUS (SubQ) INJECTIONS

Step 1: Wash your hands with either soap and water or a BZK wipe.

Step 2: Remove hormone bottle cap, rub rubber stopper with alcohol swab to disinfect it.

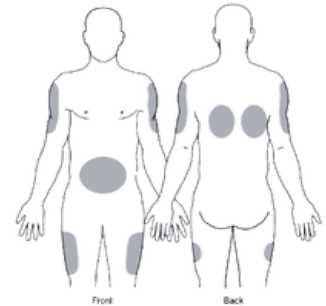
Step 3: Attach draw-up needle to barrel; avoid touching area where barrel and needle meet.

Step 4: Insert needle into hormone bottle. Hold bottle and needle upside down, then draw in hormone injection amount. If there is air in the syringe, tap it several times until it reaches the top of the syringe and expel it.

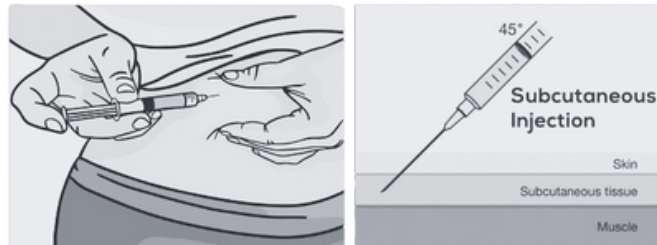


Step 5: Remove draw-up needle and attach a new 25 gauge needle for injection.

Step 6: Cleanse the sides or backs of your upper arms, your abdomen (avoiding belly button any bony areas), or your upper thigh with an alcohol swab. This is your injection area.



Step 7: Pinch an area of skin in the injection area. Insert needle into your injection area at a 45 degree angle, gently pull back on the needle to check for blood. Next, inject the hormone. You may experience burning/pressure sensations as the hormone enters your injection area.



Step 8: Remove needle from skin.

Step 9: Apply pressure with gauze and gently massage. Apply band aid if needed.

Step 10: Dispose of all needles and barrels into a sharps container or thick plastic container. A sharps container can be received at any of Tapestry's Harm Reduction locations.