

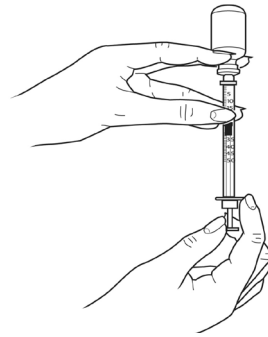
How to Give Yourself Hormone Shots

1. Gather your supplies

2. Wash your hands

3. Prepare your dose

- Put together the 25-gauge 5/8 inch needle and 1 mL syringe.
- Pull back on the plunger to draw up air into the syringe. The amount of air should be the same amount as the dose you will inject.
- Swab the top of the vial with alcohol.
- Insert the needle into the vial and inject the air into the vial.
- Turn vial upside down.
- Make sure the tip of the needle is in the medicine.
- Slowly pull back on the plunger (the medicine is thick and the needle is thin). Draw up the dose prescribed by your doctor into the syringe



- Remove the needle from the vial. Tap the syringe to get rid of any air bubbles.



- Do not let the needle touch anything- it is ready for use!

To Learn More

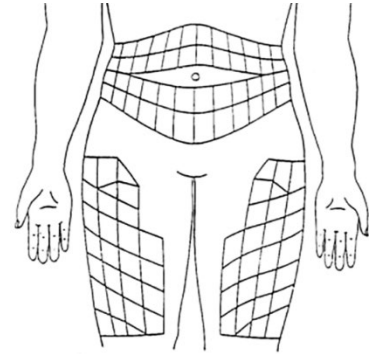
- Adolescent Medicine
206-987-2028
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

4. Choose your injection site

- Rotate the injection site every time you give yourself an injection. You can give the subcutaneous injection in these places on your body:
- Upper leg (thigh): the area halfway between your knee and your hip, and slightly to the side of your leg
- Stomach area (abdomen): place your hands on your lower ribs. Use your area below your hands for your injection where you can pinch fatty tissue. Stay at least 1 inch away from your belly button.



5. Give the injection

- Clean the area you plan to inject with the alcohol swab. Let it dry.
- Hold the syringe like a dart.
- Pinch at least 1 inch of skin between your thumb and forefinger.



45 degree angle



90 degree angle

- Insert the needle at a 45 or 90 degree angle as instructed by your care team.
- Inject the medicine. Take the needle out quickly.
- Apply gentle pressure to the site with the cotton ball or gauze.
- If you are still bleeding after a few seconds, put on a Band-Aid.
- Never recap a needle after you have used it for an injection.
- Throw the needle and syringe away in your sharps or puncture-proof container.