



# Testosterone Cypionate Injection Therapy Usage Guide

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Reference guide and instructions for using your testosterone cypionate injection therapy prescription.

## In This Guide:

- Information for dosing and storage
- Instructions for administering medication

## Included In Your Shipment:

- Medication vial(s)
- menMD personal health assistant contact information

## Available from menMD:

- Syringes
- Medication Withdrawal (18G) and Injection Needles
- Alcohol Swabs
- Anastrozole tablets
- PDE5 inhibitors
- Oxytocin

# Important details regarding your medication

## Have Questions?

Visit our member's Portal to chat with a menMD specialist, open a support ticket, or manage prescriptions.

[menMD.com/support](https://menMD.com/support)  
857-233-5837



## When to Use

- Injections should be administered as directed by your physician.
- It is important to administer your prescription regularly. Skipping or stopping your doses will cause your testosterone levels to drop quickly. The best results are achieved when your testosterone levels remain consistent.

## Storing Your Medication

- This medicine should be stored at room temperature.
- Do not use the medication after it has expired or 28 days after the first puncture.

## Dosing

- If you ordered syringes from menMD, the markings on the syringe are measured in "mL's".
- Your dosage instructions can be found on the medication vial and are based on your physician's order.

## Understanding the Different Needles

- It is recommended to order two different sized needles – a lower gauged needle (18G) for drawing the medication and a higher gauged needle for injection.

**NOTE: Do not use the 18G needle for injection. Use this needle only for drawing medication into the syringe.**

- The size of the thinner needle for injection will vary based on your physician's order. Injection needles typically have a higher gauge number (e.g. 21G, 23G, 25G, etc).

## Preparing For Use

- Gather supplies (medication vial, syringe, needles, and alcohol swabs) and prepare them on an open, clean surface.
- Wash your hands with soap and water before performing the injection procedure.

# Instructions

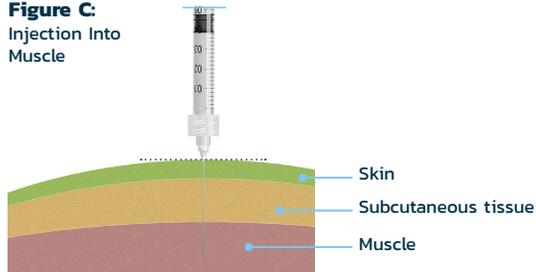
**Figure A:**  
The Syringe



**Figure B:**  
Drawing Medication  
From Vial



**Figure C:**  
Injection Into  
Muscle



## 1. Prepare the Syringe

- Remove plastic tab or seal from vial top and swipe with an alcohol pad.
- Attach the thicker 18G needle onto the syringe and remove needle cap.
- Pull the plunger back to the indicated dose, filling the syringe with air.

**NOTE:** Do not use the 18G needle for injection. Use this needle only for drawing medication into the syringe.

## 2. Draw Medication

- Insert the needle into the medication vial through the rubber membrane and inject the air into the vial.

**NOTE:** Ensure the tip of the needle is fully submerged into the oil inside the vial.

- With needle still inserted, turn the vial upside down and slowly pull the plunger back to the indicated dose, filling the syringe with medication. (See Figure B)
- Eliminate any bubbles by gently tapping the side of the syringe and injecting the air back into the vial, then remove needle from vial.

## 3. Prepare for Injection

- Recap the 18G needle, detach from syringe and dispose of the needle properly.
- Attach the thinner injection needle and remove cap.
- Swab injection site with alcohol pad and allow to dry.
- Insert the needle completely into the injection area recommended by your physician. It is important for the medication to be delivered deep into the muscle tissue. (See Figure C)
- Remove needle and apply compression to the entry site for 3 minutes to prevent bleeding.
- Recap and dispose of the injection needle and syringe properly.

**NOTE:** Never reuse a needle or syringe for injection.

# Evaluation & Reminders

## Important Notes:

- Testosterone is a controlled substance and must not be used by anyone other than the person to whom it was prescribed.
- Use of testosterone by men with prostate cancer or who have had prostate cancer must be closely monitored and the prescriber must be made aware of the prostate cancer history.
- Testosterone therapy may increase the risk of blood clots in the legs or lungs. Signs and symptoms of these clots may include leg pain, swelling, and redness. Signs of a clot in the lungs include difficulty breathing and/or chest pain. If these signs are present, go immediately to the emergency room.

## Results

- There is no immediate effect from the injection of testosterone. Over several weeks, after starting or changing the dose, your body will adjust to the new level of testosterone. Your doctor will help set treatment goals to measure your response while using testosterone.
- Your doctor will likely want to see you every 3–6 months to conduct blood tests required to measure the level of testosterone in your body. Additional blood tests are conducted to make sure testosterone is not producing an adverse effect on your body's chemistry.

## What's Next?

- If you have concerns or questions about your progress, call a personal health assistant at menMD at 857-233-5837 or book a virtual appointment by scanning the QR code. Our team works closely with your doctor and can provide you with troubleshooting, helpful techniques and advice on next steps or alternative treatments.



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