

A FEW RELATED-RESOURCES

Queer and Trans Outreach Program

AIDS Community Care Montreal

Email: qtoutreach@accmontreal.org

Offers peer support, medical appointment accompaniments, safer HRT supplies and more.

Trans Care B.C

Website: transcarebc.ca

Provides information and resources related to trans health and wellness.

Trans Lifeline

Phone: (877) 330-6366 (Canada)

Operates a peer support phone service run by trans people for our trans and questioning peers.

Aide aux Trans du Québec (ATQ)

Website: aideauxtrans.com/en

Offers psychosocial support, weekly support groups, employment assistance and more.



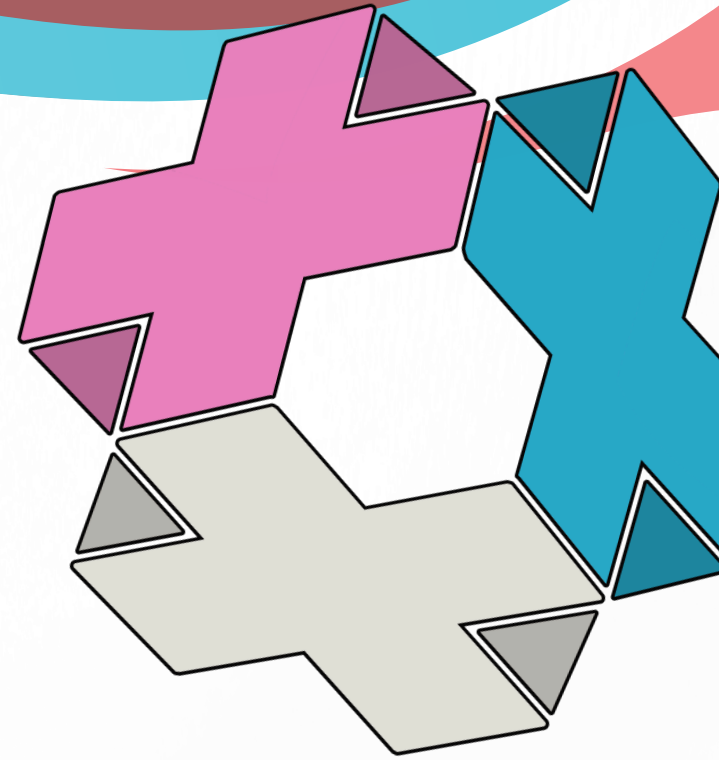
STILL HAVE QUESTIONS ABOUT SAFER HRT?

This pamphlet was produced by ACCM's Education department. It's based on some of our Frequently Asked Questions over at www.sexted.org, where you can find more articles like this!

If you've got questions about gender, HRT, sexuality, and more, we can help!

SextEd is our sexual health information texting line. Just text your questions to **514 700 4411** and our team of educators will give you researched, fact-checked answers with links to local resources, all within 24 hours. It's totally anonymous, confidential, and free, so you can ask anything you want without worrying about being embarrassed or judged.

sext|ed Questions (514) about sex? **700-700-4411**
TEXT!



HOW TO SAFELY INJECT TESTOSTERONE & ESTROGEN (SUBQ)

A PRIMER FROM AIDS COMMUNITY CARE MONTREAL'S EDUCATION DEPARTMENT

WHAT IS A SUBCUTANEOUS (SUBQ) INJECTION?

A Sub Q injection is a way of administering medication where the drug is injected into the fatty layer of tissue, between the skin and muscle. It is a common way of injecting testosterone and estrogen.

You will need the following to safely inject:

- Hand soap
- A new, sterile syringe (1-3ml)
- Withdrawal needle (18g x 1")
- Injection needle, based on preference (25-27g x $\frac{5}{8}$ " or $\frac{1}{2}$ ") *
- 2 alcohol swabs
- Cotton swab or tissue
- Band-aid (optional)
- Sharps container
- Your medication vial

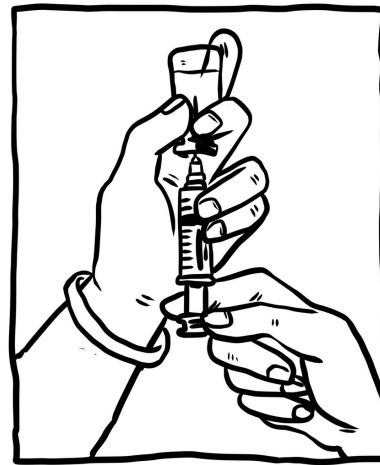
*The size of a needle is measured by its thickness (g) times (x) its injectable length in inches. As gauge size goes down, the thickness of the needle goes up.

HOW DO I PREPARE THE SYRINGE FOR INJECTION?

Before starting, wash your hands well with soap and warm water. Next, take off the plastic cap and use an alcohol swab to sterilize the top metal cap of your medication vial. Open the package of a sterile 18g withdrawal needle and a syringe, making sure not to touch the base where they connect. Twist the top opening of the syringe into the base of the needle. Next, pull back the plunger of the syringe to your dosage. Remove the protective cap of the needle. Place vial on a flat surface and pierce its rubber stopper with your needle. Push plunger of the syringe all the way down, keeping the needle inside the vial.

HOW CAN I WITHDRAW THE MEDICATION?

To withdraw the medication into the syringe, hold the vial with one hand, and the syringe with the other, turn the vial upside down. Make sure the needle tip stays inside the vial. Next, make sure to hold and secure both the vial and the body of the syringe with one hand, and use your other hand to pull the plunger to your correct dose. This may take a moment to fill.



Check for any air bubbles while your needle is still inside of the vial. If you see some, gently flick the syringe with your fingers. You may need to push the air bubbles out with the plunger and re-set your indicator back to your correct dose. If air bubbles do remain, it is still safe to inject but you will be missing some of your medication.

Take the syringe and needle out from the vial and remove the 18G needle. Place the used needle in your sharps container. Place an injection needle of your choice onto the syringe (between 25-27g x $\frac{5}{8}$ " or $\frac{1}{2}$ "). Keep the protective cap on the needle until you are ready to inject.

WHERE CAN I SAFELY INJECT?

For a SubQ injection, you can safely administer your medication either in your stomach, upper arms or the outer side of your upper thigh.

If you are injecting into your stomach, make sure to stay at least 2 inches away from your belly button. For upper arm, you must stay at least 3 inches below your shoulder and 3 inches above your elbow.

It is important to pick a place on your body that has no scarring, bruising, or other skin damage. Avoid injecting into tattoos, especially more recent ones. It is also recommended to change the place you inject from one to the next to keep your skin healthy. For example, you can alternate between the left and right side of your stomach.

HOW DO I DO THE INJECTION?

To start off, make sure your hands are clean. Use an alcohol swab on the area of your body you will be injecting into. Let it air dry for a few seconds, and remove the protective cap from your injection needle. Next, use one hand to gently pinch about 1" of your skin, and hold your needle with your other hand, either at a 45 or 90 degrees, whichever you find the most comfortable. Try to relax and insert the needle under your skin in a fast downward motion.

Unpinch your skin and gently push the plunger of the syringe all the way down. This may take a few moments. Wait a few seconds and pull out the needle in a quick motion. If needed, use a cotton swab or tissue to stop any bleeding. Apply a band-aid if needed.

Throw out the used syringe and needles into a sharps container. Do not reapply the protective caps beforehand.