

Gender Affirming Care Services

PREPARING FOR YOUR INJECTIONS

At this point, your clinician will have sent prescriptions for your medication and injection supplies to your preferred pharmacy. Please review this 2-page document on how to prepare for your first injection.

1st – Collect Your Materials

1. Draw up needle – Can be 20-23 gauge in size and 1-1.5 inches in length
2. Injection needle
 - a. For intramuscular injection: Can be 23-25 gauge in size and must be 1 inch in length
 - b. For subcutaneous injection: Must be 25 gauge in size and must be 5/8 inch in length
3. Syringe – 1mL in volume
4. Alcohol – Swabs or bottled applied with gauze or cotton ball/pad
5. Band-Aids
6. Needle disposal box/container – Can buy sharps container or use an empty detergent bottle and clearly mark the bottle as containing sharps
7. Fruit for practice – Good fruits to use are oranges, lemons, limes, or bananas
8. Optional: Saline solution (sodium chloride) – If you would like to practice with saline solution before using your medication you can order online



If you are unable to fill your prescribed injection supplies at your pharmacy, try one of these other options for accessing your supplies:

1. **Try calling other pharmacies in your area** to see if they can fill or order the supplies you need. If you find a pharmacy that can fill the script, have them call the pharmacy that currently has your script to get it transferred to them. (Update us with the new pharmacy information at the next opportunity so we know where to send your script next time.) If they cannot transfer the script, contact myself or your health center directly to request a new script be sent to your new pharmacy
2. **Pick up supplies from our health center.** If you would like to buy out-of-pocket from us, you can request to do so by calling your health center directly (contact information at pptranscare.org) or the GAC Service Coordinator (215-351-5561). Cost ranges from \$7-\$24 for a 15 pack depending on income.

3. **Order supplies online.** You can find links to purchase the supplies you need below:

[1mL syringes w/ 20 G x 1" needles \(50pk\) - \\$17](#) (draw up needles with syringes)

[23 G x 1" needles \(50pk\) - \\$8](#) (intramuscular injection needles)

[25 G x 5/8" needles \(50pk\) - \\$9](#) (subcutaneous injection needles)

2nd – Review the Educational Materials

1. Watch the appropriate **videos** linked below:

- [Hormone Self-Injection - Step 1: Drawing Up](#)
- [Hormone Self-Injection - Step 2a: Intramuscular Injection](#)
- [Hormone Self-Injection - Step 2b: Subcutaneous Injection](#)

2. Review the **PPSP Hormone Injection Guide** document

If you do not feel prepared to start or continue your injections after reviewing these materials and practicing on your own, call your health center directly (contact info at pptranscare.org) to schedule an appointment with a clinician to review your technique.