



Performance Medicine Institute

3330 N 2nd St Ste 401 | Phoenix, AZ 85012 | www.PerformanceMedInst.com
602-606-8949 office | 602-759-7409 fax | info@PerformanceMedInst.com

Testosterone Vial Preparation and Injection Instructions

If you have any questions, please call or text us at 602-606-8949

1. Use a clean, flat, dry surface to perform tasks. Take the cap off of the vial. Depending on your vial, you may have a plastic cap, or a foil ring. If you have a foil ring, only remove the inner ring.



2. Remove the vial adapter from its package.



3. Use an alcohol pad to wipe the top of the medication vial. Let it dry.



4. Prepare the vial adapter for insertion.



5. Place the vial adapter directly on the medication vial. Insert the spike of the vial adapter directly into the rubber plunger by pushing down. It should click when placed correctly.



6. Prepare the syringe by unscrewing the needle from the syringe.



7. Wipe the top of the vial adapter with an alcohol pad and let dry.



8. Prepare the syringe by pulling down to fill it with air. Fill with a volume of air that matches the volume of medication that will be withdrawn.



9. Connect the syringe to the Luer Lock connector. Screw the syringe in. The first time will be tight. Push the air into the vial.



10. Withdraw medication into the vial. Pull down until target volume is reached and flick out any remaining air bubbles.



11. Unscrew the syringe from the vial.



12. Secure the needle onto the syringe. The syringe is now ready for injection.



13. Select the area to perform the injection, either the deltoid, gluteal region, or lateral thigh. Cleanse the area with an alcohol pad. To perform the injection, angle the syringe so that it is pointing straight at the skin. With a smooth and firm motion, insert the needle into the injection site. Gently pull the plunger back to "flash" to check for blood. If you see any red in the syringe, do not inject, remove and dispose of the needle, and repeat these steps in a new location. Move your thumb to the plunger and slowly push the plunger all the way in. Once the plunger is all the way in, remove the needle and syringe and dispose of it.

