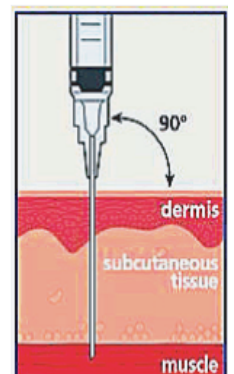
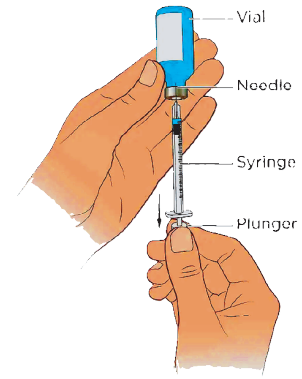
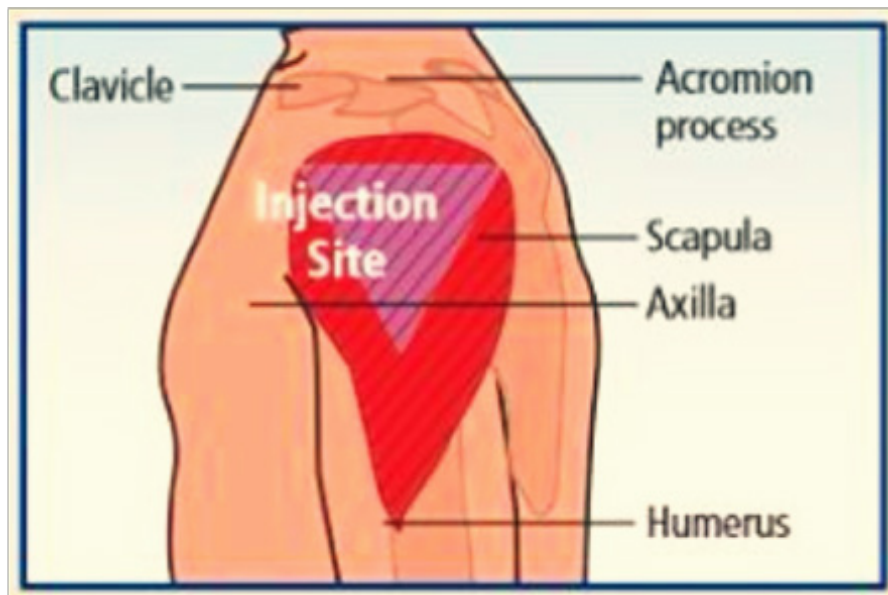


Live Well Cumming
Injection Instructions
2 Injections per week

Patients at Live Well Cumming who are experienced with TRT, can optimize their results with 2 injections per week. *Example: Mon/Thur or Tues/Fri*
Follow these basic instructions for the best outcomes:

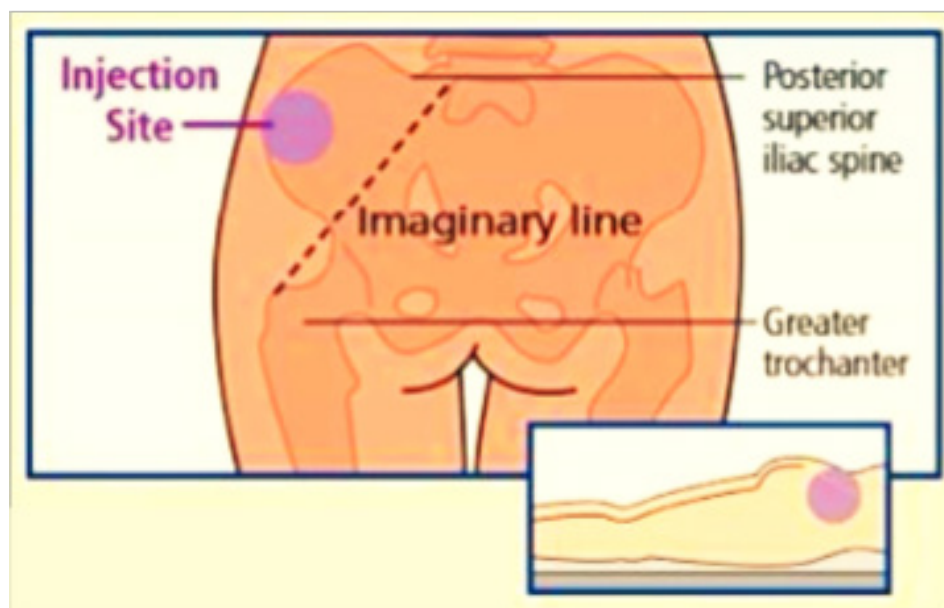
1. Verify the medication and wash your hands thoroughly.
2. Locate your injection site using the diagram [on back].
 - Left shoulder
 - Right shoulder
 - Left glute
 - Right glute
3. Prepare the injection dose.
 - a. Handle needles and sharp instruments with care.
 - b. Pull the 23 Gauge needle cover off the syringe.
 - c. Wipe the top of the vial with an alcohol swab.
 - d. Turn the bottle upside down and inject the needle in the center.
 - e. Position the needle in the vial so that the liquid covers the tip of the needle.
 - f. Slowly pull back on the plunger to fill the syringe with the dosage.
 - g. Check for air bubbles in the syringe.
 - h. If there are bubbles, gently tap the syringe or slowly push the plunger
 - i. (while inserted in bottle) to remove the air.
 - j. Use the plunger to get your dosage accurate. Know the amount of CC/units to draw. It should be the same as your dosage.
 - k. Remove the syringe from the vial.
4. Clean the injection site with an alcohol swab.
5. Insert the needle into the muscle on one quick firm motion.
6. After the needle is inserted, push the medication slowly into the muscle.
7. Remove the needle and hold pressure on the site. *A little blood is completely normal, so have a bandaid nearby.
8. Rotate injection sites each week, maintaining the same rotation pattern.
9. If possible, perform your injection before 9 a.m.
10. If taking estrogen blocker, take it at same time as the injection.





DELTOID (Shoulder)

Aim for the thickest part of the deltoid muscle 2-3 finger widths (2.5-5cm) from the acromion process of the scapula.



DORSOGLUTEAL (Buttock)

Divide the buttock into four sections. Use the upper outer section, about 2-3 inches below the hip bone and slightly to the side.