



**PIGMA**

**INJECTION**

**OF**

**TESTOSTERONE**

# Testosterone injection : some guidelines



## Why take testosterone ?

Hormone replacement therapy based on testosterone allows a person to modify his or her sex hormone production and to "masculinize" his or her features. This hormone can be taken in different forms. It can be taken by subcutaneous or intramuscular injection, gels, patches or creams.

This pamphlet will focus on the first form, i.e. taking the hormone treatment by subcutaneous or intramuscular injection.

## How do I access it ?

If you want to take a hormone replacement therapy based on testosterone, we recommend that you first talk to a doctor or endocrinologist so that he or she can prescribe it for you. Then, a health professional will tell you how to administer it. Once treatment has started, it will be necessary to have a medical follow-up to evaluate your response to the hormones, your side effects and if necessary, to adapt your treatment. A list of clinics and health care professionals who have a trans-affirmative practice is recommended below.

PlaMP and LGBTQ+ organizations can help you find trans-affirmative health care providers.

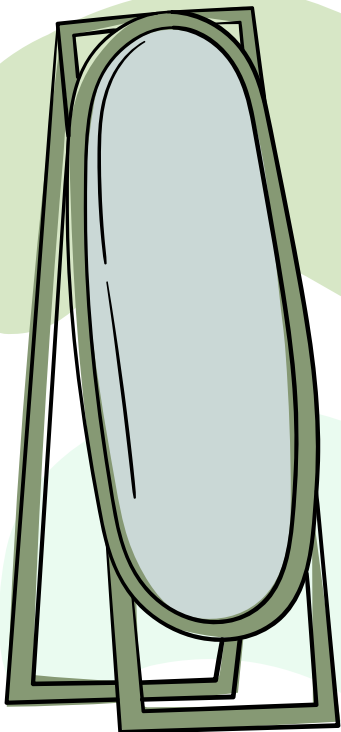
## Preparing for the injection



**First, make sure your equipment is new and clean.**

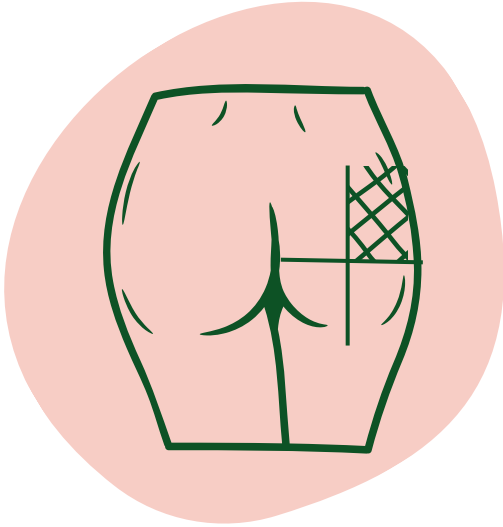
**You can do the injection standing up and using a mirror, or you can do it lying down (this can be reassuring and more comfortable). The idea is for the muscle to be relaxed (and you too!).**

**Depending on the instructions for your product, you can do an intramuscular injection (into the muscle) or a subcutaneous injection (under the skin).**



# Injection sites

It is important to read the drug's recommendations carefully, since the instructions may vary from one product to another.



## The buttock (intramuscular)

Injecting into the buttock is recommended for people with moderate experience. To know where to inject, you can imagine a cross in the middle of your buttock, which divides it into four. You inject in the upper outer quadrilateral.

## The thigh (intramuscular)

The injection into the thigh is done on the outer side of the thigh.

## Procedure

Pinch the skin or muscle.

The needle is quickly inserted at a 90° angle and the medication is gently injected, the skin or muscle is released, and the needle is quickly withdrawn.

Needles for intramuscular injections are longer. The skin must be stretched and the muscle pinched

## The belly (subcutaneous)

The injection in the belly is done at least 3.5 cm from the navel. You can pinch the skin to make a fold.

## **What if you don't want to do it alone?**

**Having someone accompany you and/or assist you, either in person or on video, can be reassuring, especially during the first few injections. You can ask a partner, a friend or someone close to you whom you trust to accompany you in this process. Sharing these moments can also allow you to deepen your relationship and intimacy.**

### **Some ways to proceed :**

- You can prepare the equipment and proceed with the injection, and the person with you offers support through their presence;**
- The person can actively accompany you in the process (disinfecting the injection area, preparing the equipment) and you proceed with the injection, or vice versa;**
- The person can do the preparation of the equipment and the injection to allow you to be more relaxed.**

**The idea is that you both feel comfortable and that their presence makes you feel good.**

## How do I bring it up?

**“Hey, I got my first prescription for hormones, I'm stressed about getting my first shot, would you like to do it with me?”**

**“Congratulations! Yes, I'm happy about that, but I'm not sure how to do that...”**

**“The nurse explained it to me, do you want me to do you want me to explain it to you?”**

**It is important to ensure that there is ongoing consent from both parties at each stage and with each injection. Also, you can have a conversation with that person to disclose that you are doing hormonal treatments.**

# Useful addresses

## ASTTEQ

1300 Sainte-Catherine Street East,  
Montréal, QC, H2X 1L7  
514-847-0067

## Medical Clinic L'Actuel

1001, De Maisonneuve Blvd East, Suite 1130  
Montréal, QC, H2L 4P9  
Berri-UQÀM — Exit Place Dupuis  
514-524-1001

## Medical Clinic La licorne

808 Ontario Street East,  
Montréal, QC, H2L 2N9  
514-532-0828

## Medical Clinic Quorum

800 De Maisonneuve Blvd East,  
Montréal, QC, H2L 4L8  
514-360-0614

## CACTUS

300 Sanguinet Street,  
Montréal, QC, H2X 3E7  
514-847-0067

## Medical Clinic Quartier Latin

1733 Berri Street,  
Montréal, QC, H2L 4E9  
514-285-5500

## Medical Clinic l'Alternative

2034 St-Hubert Street,  
Montréal, QC, H2L 3Z5  
514-281-6476

## Clinic OPUS

1470 Peel Street #850,  
Montreal, QC, H3A 1T1  
514-787-6787

A list of health professionals who have a trans-affirmative practice in Quebec is also available on the Sexual Minority Health Institute website: <https://fr.ismh-isms.com/resources/liste-des-professionnels-trans-affirmatifs-du-quebec/>

# The PlaMP

## **Our mission:**

**The mission of PlaMP is to intervene, train and educate young people under the age of 25 who exchange sexual services or who are likely to do so. Our mission also includes parents, significant others, professionals, and anyone else who is part of the youth ecosystem.**

## **Our services :**

- **Psychosocial support**
- **Monthly activities**
- **Discussion groups**
- **Food bank**
- **Distribution of risk reduction material**
- **Community work**
- **Street work**
- **Workshops and kiosks**

## **To reach our workers**

**Em 438-504-7483**

**Lola 438-408-6378**

**Jeanne 438-508-3289**

**You can also  
chat with us on  
[piamp.net](http://piamp.net)**