

how do I inject hormones?

ALWAYS USE YOUR OWN CLEAN NEEDLES & SYRINGES

Needles and syringes are meant to be used BY ONE PERSON, ONE TIME ONLY.

NEVER SHARE YOUR NEEDLES AND SYRINGES WITH ANYONE. You can infect yourself or someone else with hepatitis, HIV, or bacteria.

TURN IN OLD GEAR FOR NEW

Bring us your old supplies and we'll give you what you need to stay safe

SCHEDULE:

TUES	9-11 AM	37TH & BROWN WEST PHILLY
WED	10.30 AM-1 PM	13TH & WASHINGTON SOUTH PHILLY
TH	3-5 PM	SOMERSET & WARNOCK NORTH PHILLY
FRI	12.30-2.30 PM	FRONT & TUSCULUM NORTH PHILLY
SAT	10:30 AM-12:30 PM 1:30-4 PM	321 WEST GIRARD 10TH & FAIRMOUNT

(For more info, visit: preventionpointphilly.org)

IF YOU MUST USE OLD SYRINGES & NEEDLES, CLEAN THEM FIRST...

Standard bleach and water cleaning methods used for other types of injection drugs will not work well for hormones because they are in an oil base. Instead, use a detergent and water mixture to clean all oil from syringe. Make sure the oily hormone solution is completely gone before you reuse the equipment.

If you want to use bleach method to kill any HIV or bacteria, do the following: Rinse the syringe with water 3 times and then bleach 3 times (leave bleach in for at least 30 seconds; overnight is best) Shake syringe. Rinse with water until all bleach is gone.

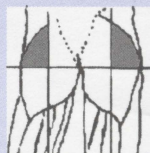
Hormones are to be injected into the thigh or buttock muscle. (The buttock is the most common place.) When injecting, be careful of nerves, veins and bones. After you inject into these muscles, they might be sore for a day or two. If you experience unusual pain, redness or swelling, please seek medical help in case you have an infection. The most common shots have 1 cc of hormones injected with 21 gauge needles, either 1 or 1-1/2 inches long.

TO INJECT HORMONES, FOLLOW THESE STEPS:

1. wash your hands with soap and water.
2. clean top of the hormone vial with an alcohol swab and let it dry.
3. twist needle to tighten it. If using bigger needle to draw hormones into syringe, twist off smaller needle and put the bigger one on syringe.
4. fill syringe with air in amount equal to amount of hormones you will inject. (1cc of air for 1cc of hormones) It makes shot easier to draw out.
5. insert needle into bottle. Turn bottle upside down and push air into bottle. Pull plunger back, drawing hormones up to the mark for your dosage. Tap syringe to make air bubbles rise. Push out air bubbles.
6. pull needle out of bottle. If using a bigger needle to draw out, put needle to inject with back on. Be sure to tighten injecting needle.

7. choose injection site carefully. Good intramuscular (directly into muscle) shot sites include:

- upper outer thigh: not too high up if you have fat there
- upper outer buttock: below the hip bone but well above where you sit (see shaded areas)
- deltoid: shoulder area above bicep, BUT you must have a hefty muscle and use a shorter (1 inch) needle than you'd use in your butt (1 1/2 inch).



ALERT! The more you self-inject, the more crucial it is to rotate your sites. Injecting in the same place repeatedly increases your risk of bacterial infection.

8. clean site with soap and water. Then, swab your skin with alcohol back and forth. Next, using a new alcohol swab, start in the center of injection site and move pad in widening circles outward, making sure not to overlap wiped areas. When you get to the outer ring get rid of swab. (Wiping over the same area twice just spreads bacteria around.) To ensure all bacteria is killed and to avoid stinging, let the alcohol dry fully before injecting.

8. inject needle straight into the site (not on an angle). Once needle is inside, pull the plunger back a little. If there is no blood, slowly but firmly push the hormones in. If you see blood, it means you hit a blood vessel. You need to re-inject. Pull needle out and choose another site. To avoid bacterial infection, twist on a clean or new needle every time you re-inject.

9. pull out needle when you are done and apply pressure with a cotton ball if you see a little bit of blood.

about TIP

The Trans-health Information Project (TIP) is a comprehensive HIV prevention and health education project designed by and for transpeople. TIP provides information about safer sex and safer injection techniques in order to encourage less risky behaviors and foster self-advocacy regarding healthcare needs. It offers:

- drop-in hours
- individual harm reduction counseling
- trans-specific skills-building workshops
- referrals to Prevention Point Philadelphia's health care and HIV/STI services
- referrals to social services and other resources

TIP is a joint project of Prevention Point Philadelphia and GALAEI (Gay and Lesbian Latino AIDS Education Initiative Project)

call: 215.787.0734 for more info.

Prevention Point Philadelphia
333 Girard Avenue
Philadelphia, PA 19123
preventionpointphilly.org

GALAEI
1233 Locust Street
Philadelphia, PA 19107
critpath.org/galaei/

Funded by AACO/Philadelphia Department of Health

TRANS-HEALTH INFORMATION PROJECT

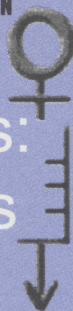
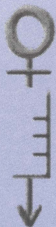
hormones: the basics

TIPS FOR TRANS PEOPLE

PREVENTION POINT PHILADELPHIA
PUNTO DE PREVENCIÓN DE FILADELPHIA



Here are the TIPs you need.



DO YOU KNOW...

for many trans people, hormones are an important part of transition.

WHAT HORMONES DO TO YOUR BODY?

HOW TO INJECT HORMONES SAFELY?

HOW TO CLEAN NEEDLES & SYRINGES?

This guide is for trans-identified and gender-variant people who are thinking about changing their bodies--or are already in the process. It is also for people who want to learn about hormones and how to inject them safely.



TIP staff

what are hormones?

Hormones are responsible for the masculine or feminine characteristics of your voice, body shape, facial hair, and body hair. Common types of hormones are:

- Estrogen & progesterone, the "female" sex hormones
- Testosterone, the "male" sex hormone

what do they do?

Estrogens tend to ...

- redistribute body fat to hips and thighs
- increase the softness of skin
- reduce the sex drive
- decrease muscle mass

Testosterone tends to ...

- grow facial hair and increase body hair
- increase muscle mass
- increase the sex drive
- deepen the voice

how do you take them?

There are different ways to get hormones into your body.

Orally: by your mouth, in pill form (Oral testosterone can damage your liver)

Transdermally: through the skin as a gel, as a cream, or in a patch

Injection: into a muscle in your thigh or butt

things to remember

1. Taking hormones is a big decision. Be sure it is the right choice for you, because some of the effects are irreversible.
2. It is best to get hormones from a reputable source, like a doctor or clinic. If you do not have a doctor, TIP can refer you to a doctor who specializes in providing health care to trans people. (See TIP Trans-health Resource Guide for more info.)
3. Hormones have different effects on different people. Some bodies naturally change faster than others and some bodies develop new characteristics more easily. Your results will vary, depending on the age you start hormones, your health, and your genetics.
4. Take only the prescribed amount of hormones. Taking more will not help you change faster. Extra doses can be harmful to your body and can possibly slow down your transition. Most doctors recommend injecting 1cc twice a month, but the amount may vary according to your needs.
5. Use a new needle and syringe every time you inject. Always dispose of used needles in a "sharps" container or a large glass jar with lid. You can get sharps containers and exchange your used needles for new ones at a PPP Needle Exchange Site (see opposite page).
6. Using certain drugs, including alcohol, while on hormones can put extra stress on your liver and your body.
7. A proper diet and exercise are important parts of a healthy transition. Get regular health screenings and get routine monitoring for hormone use from a doctor.

