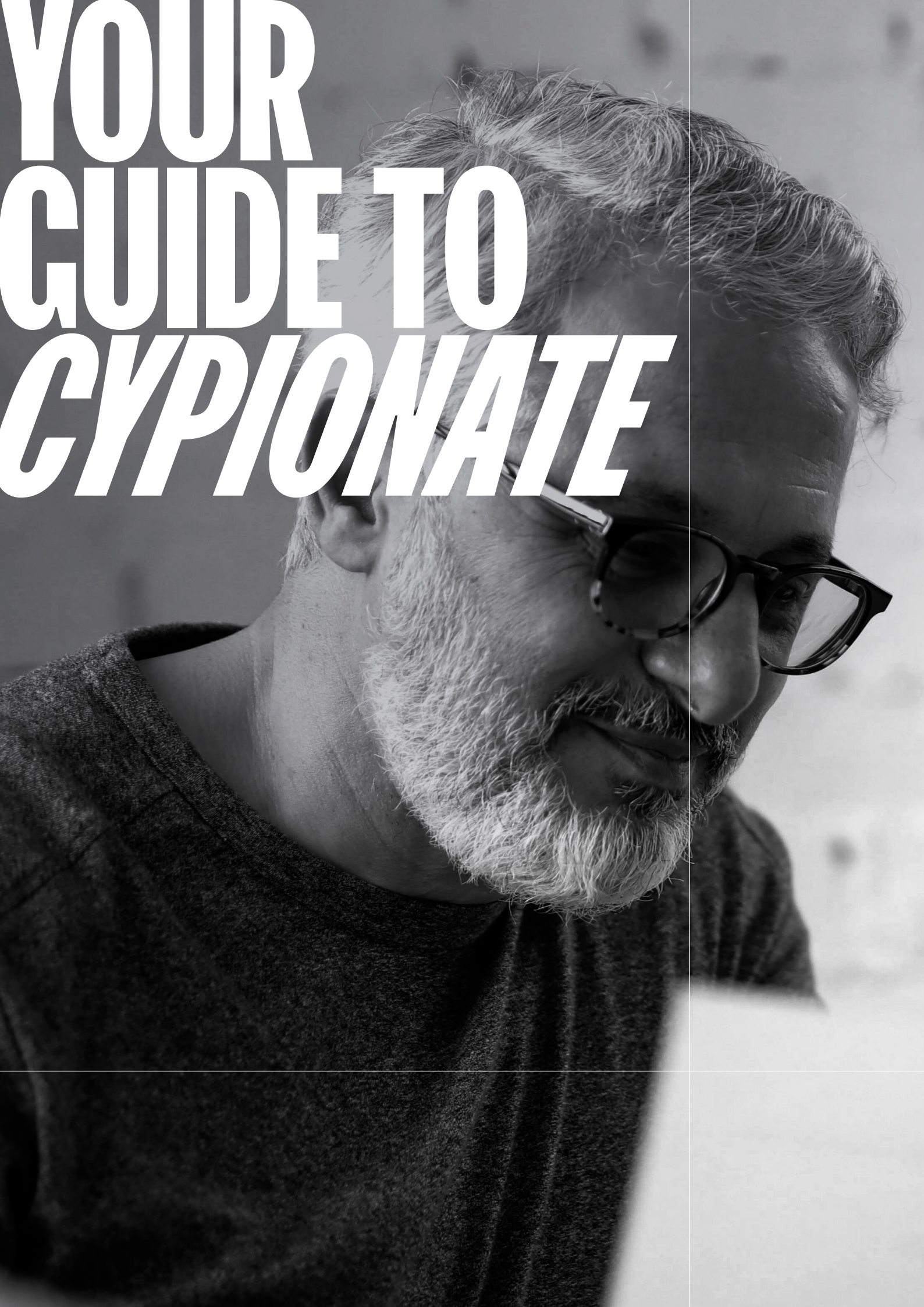


# YOUR GUIDE TO *CYPIONATE*



# Step-by-step instructions for administering Testosterone Cypionate

Before you get started, watch the how-to video by scanning the QR code. If you're unclear about anything with these instructions or your personal dosage, please get in touch with the Numan team.

First, choose the injection site. The most common areas are the abdomen and thigh. The abdomen is often preferred because it has fewer nerve endings and blood vessels, making the injection less painful and more convenient.

Next, wash your hands thoroughly with warm, soapy water for at least 20 seconds, then dry them.

When your hands are clean and dry, double-check that all your equipment is in date and nothing looks damaged or out of the ordinary, such as discoloration or particles in any substance.

If everything looks good, you can prepare the vial.

Administering testosterone cypionate is straightforward when following these steps:

## STEP 1 Prepare the vial

- Remove the vial lid and clean the top of the vial with an alcohol wipe.

## STEP 2 Getting the syringe ready

- Remove the syringe with the affixed 27G needle from its packaging.
- Unsheathe the needle, being careful not to touch the needle with your hands.

## STEP 3 Preparing the dose

- Once ready, insert the needle through the rubber septum on the testosterone cypionate vial.
- With the needle in the vial, turn the vial upside down, holding the syringe in place.
- Draw up the prescribed dose of testosterone cypionate from the vial as per the label instructions. Pull the plunger back all the way, and wait for the liquid to begin dripping into the syringe, it can take

30 seconds for enough medication to drip into the syringe. Then, push the air out until you get to the dose you want to inject.

- If the dose measurement is accurate, the top of the plunger should be just below the black line.
- Next, pull the needle out of the vial and resheath. Place the vial of testosterone cypionate to one side.

#### STEP 4

#### Administering the dose

- Before injecting, sterilise the injection site with an alcohol wipe.
- Use a circular motion in your designated area, which should be at least 2cm away from the belly button. Allow the area to dry.
- Hold the syringe in your dominant hand and remove the sheath.
- Pinch an area of fat with your other hand, and insert the needle all the way at a 45-degree angle. While you should be careful, it's important not to take it too slow as this can make it more uncomfortable.
- Push the plunger to inject the medication.
- Once done, remove the needle at the same angle.
- Dispose of the needle in the sharps bin.
- Use cotton wool to dab the area.
- Use a plaster if you see a little blood and don't worry, that's completely normal.
- Throw the cotton wool away.
- Once everything is done, and the needle is safely disposed of, pack up the rest of the equipment and store it away in a place that's out of reach from children. The testosterone cypionate vial should be stored at room temperature.

#### HOW-TO VIDEO



**AND THAT'S IT, YOU'RE DONE.**