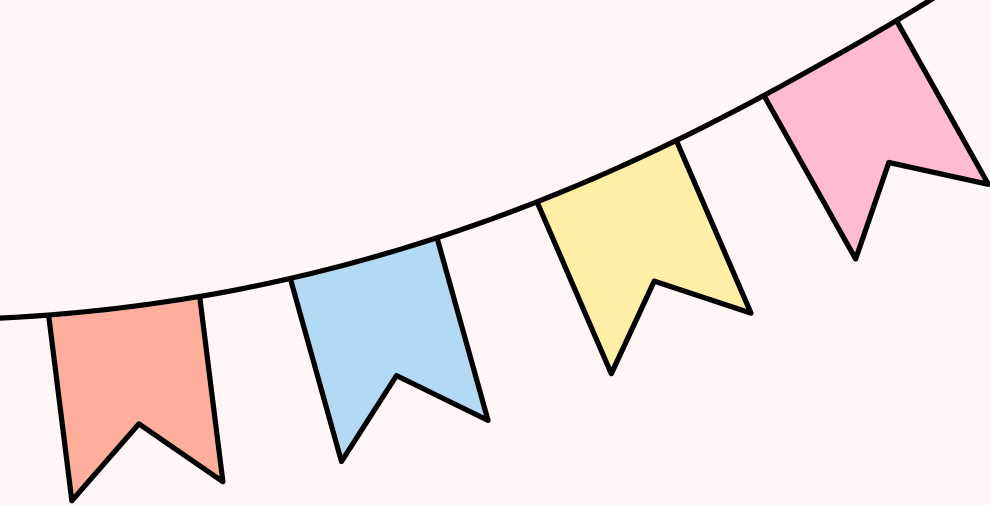


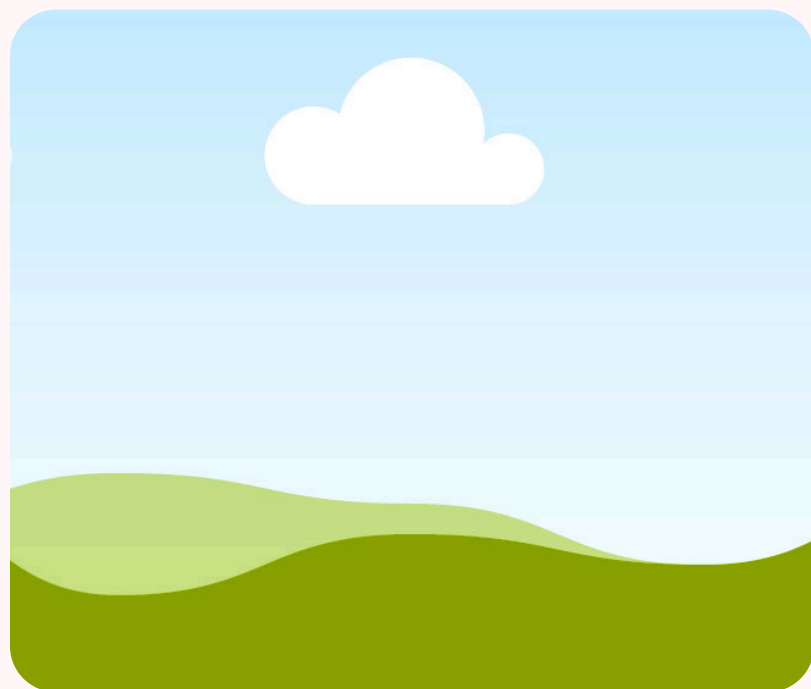


Injection Training & Safety

by Ginkgo



WELCOME



Community Expectations

THIS IS A SAFE SPACE

NO TRANSPHOBIA, TRANS MEDICAL-ISM, RACISM, or Xenophobia in this space

NO COPS

NO PICTURES OF PEOPLE

WE WILL BE SENDING OUT SLIDES

THIS IS A NON JUDGMENTAL SPACE NO SHAMING ANYONE

THIS IS A HARM REDUCTION EVENT FOR THE COMMUNITY BY THE COMMUNITY
AND IS NOT OFFICIAL MEDICAL ADVICE SPEAK WITH A PROVIDER WHO YOU
FEEL SAFE WITH IF YOU CAN

Agenda

TW: We will be discussing needles, medical procedure, blood, including demoing etc. Please take a break if you need, please speak up if you are feeling lightheaded or woozy.

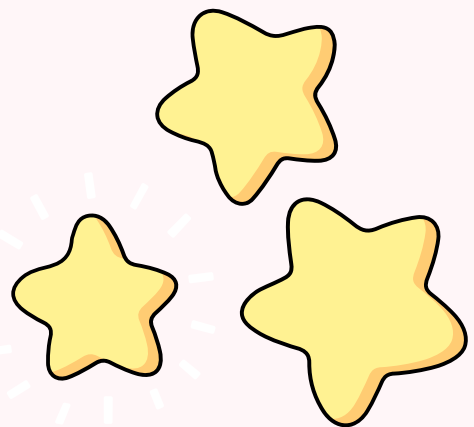
- Injection types
- Aseptic Technique
- Step-by-Step Injection Instructions
- Where to get Needles
- TW Injection example (solo & partner)
- Psychological safety
- TW Complications/When to seek help
- General tips
- Wrap up & Open Questions + Supply dispo

D.I.WHY?



We are here today to learn how to more safely self administer injections of for various form of medication.

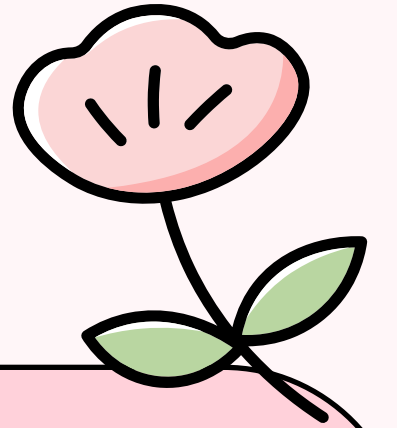
Whatever the type of med or why, our main goal today is to endow everyone in the room with the ability to self administer or help others





Let's ask the
audience

Subcutaneous (SQ)

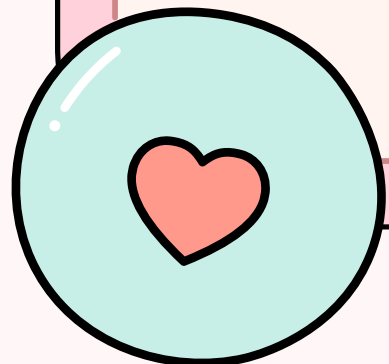


Pros for Self admin:

- Smaller needles
- easier to reach for self admin

Cons:

- can only do less than 2 ml
- can sometimes have complications w/ meds being absorbed

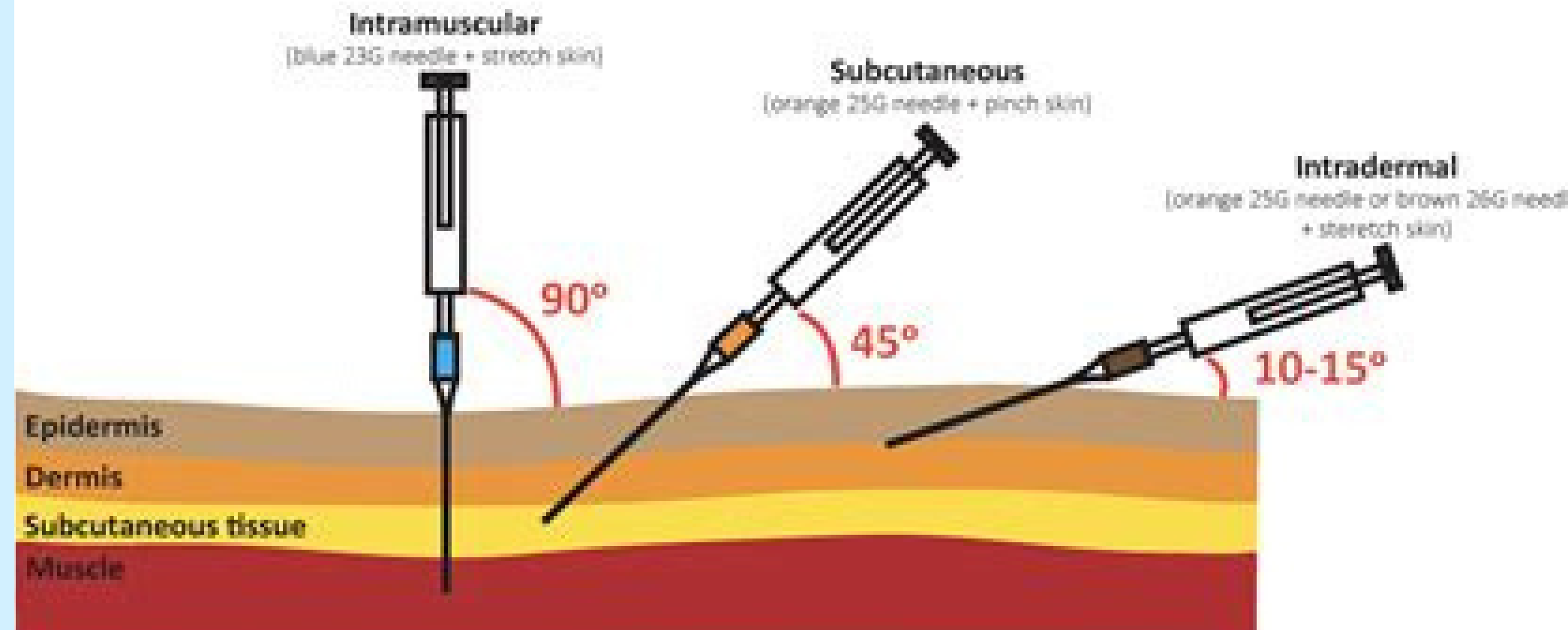
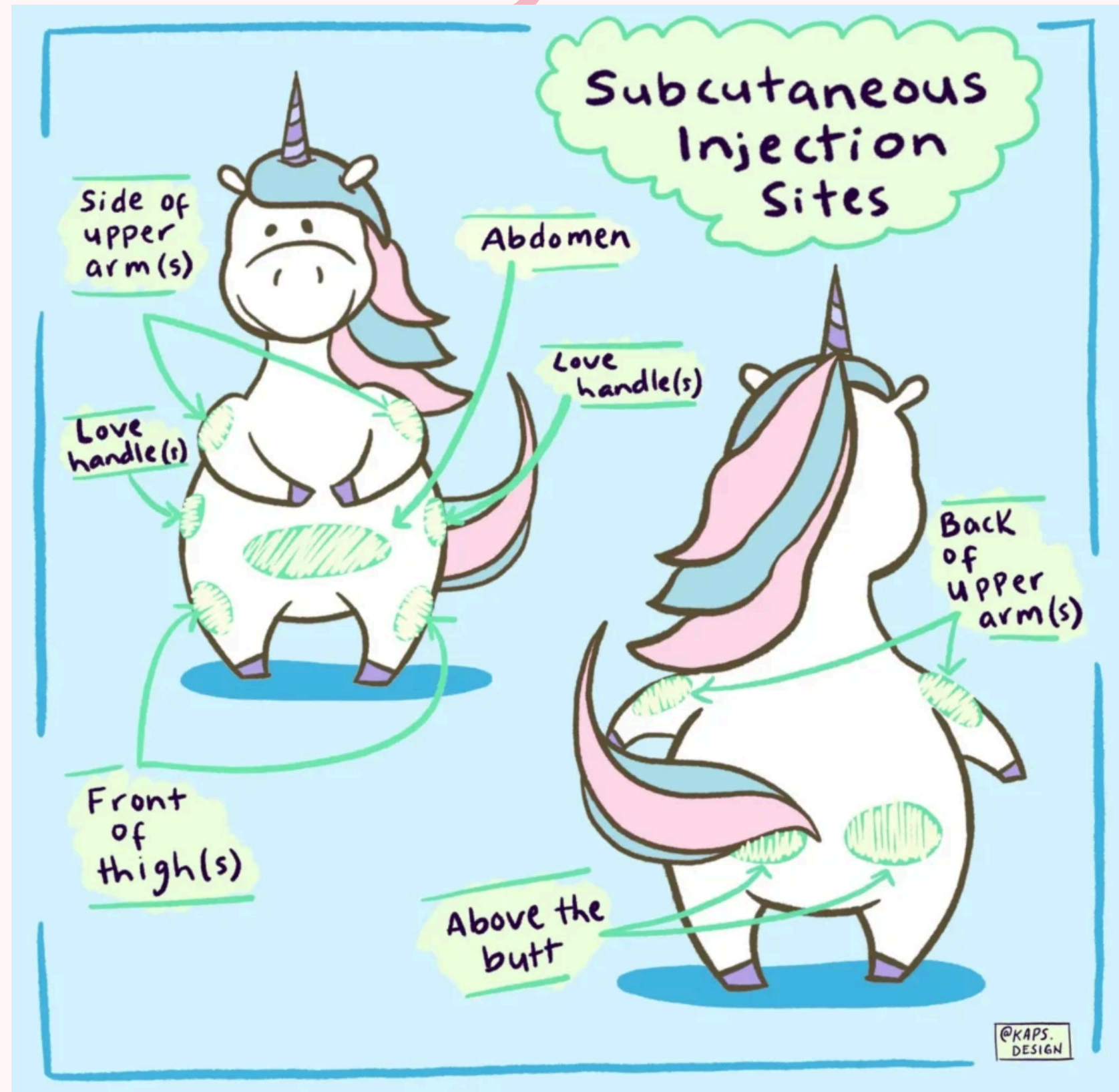
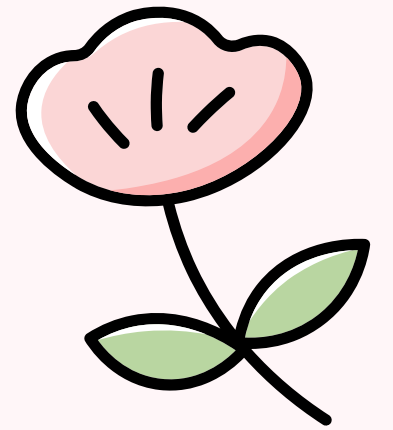


Where: fatty tissue under the dermal layer.

tummy (2 inch below belly button),
tops of thighs, back of arm

How: w/ a short 25/27 g needle,
insert at a 45 degree angle

Subcutaneous (SQ) CONT.



Intramuscular (IM)

PROS

quicker absorption
safer for higher doses

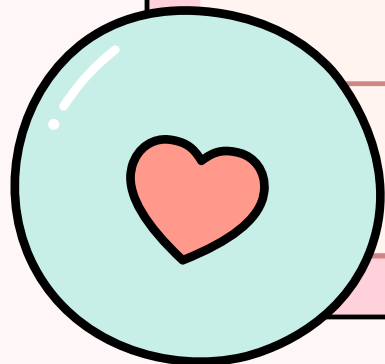
CONS

can hurt more
with higher doses sometimes higher risk
needle must be at least an inch long to reach muscle

Where

- In the muscle
- Three fingers width (fingers held together) below shoulder bone in arms
- In the meaty part of your thighs
- The meeting point of half way between you butt and knee and half way between the top and bottom of your thigh
- Buttocks

How: 90 degree angle



Intramuscular (IM) Cont.

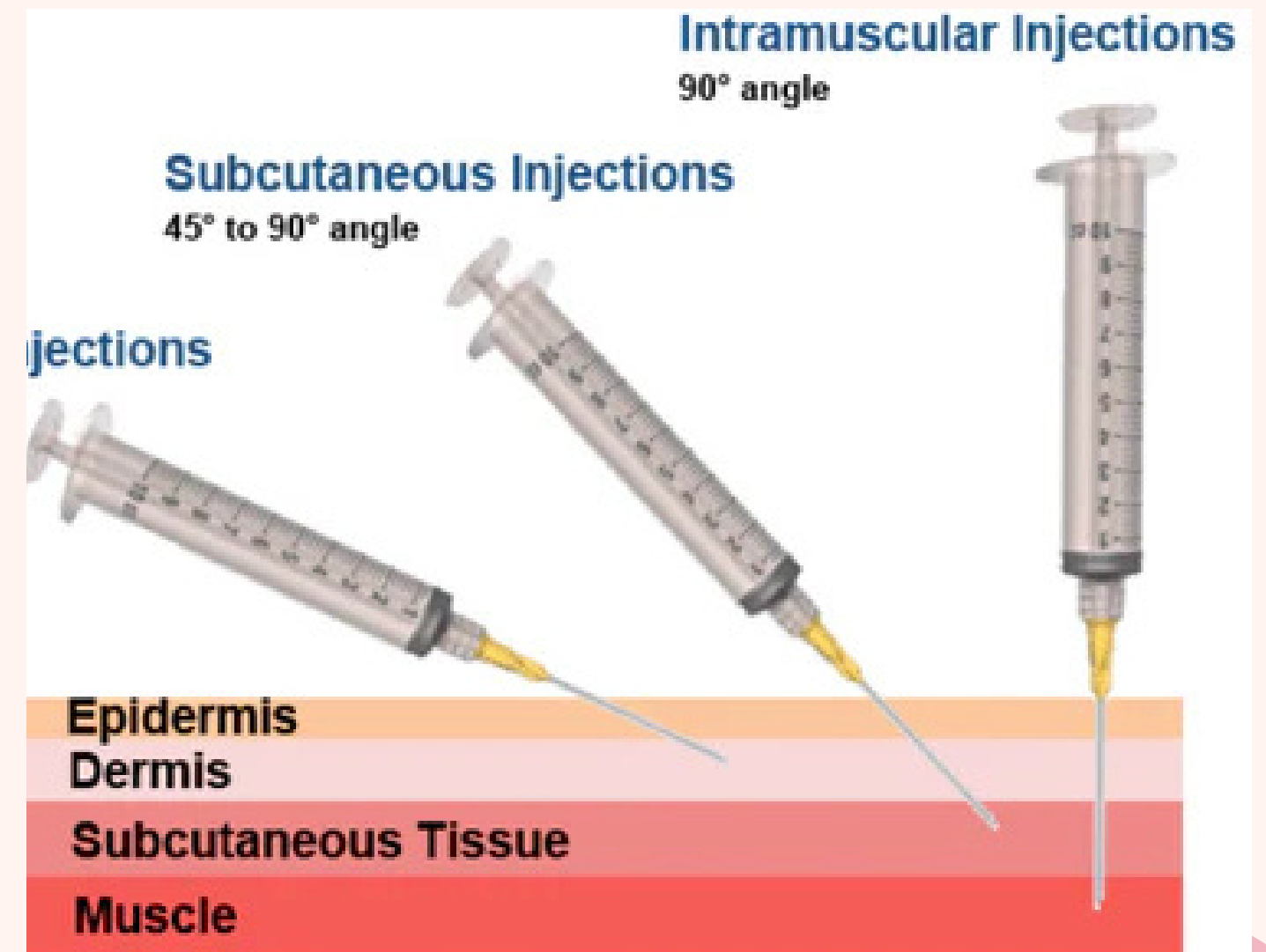
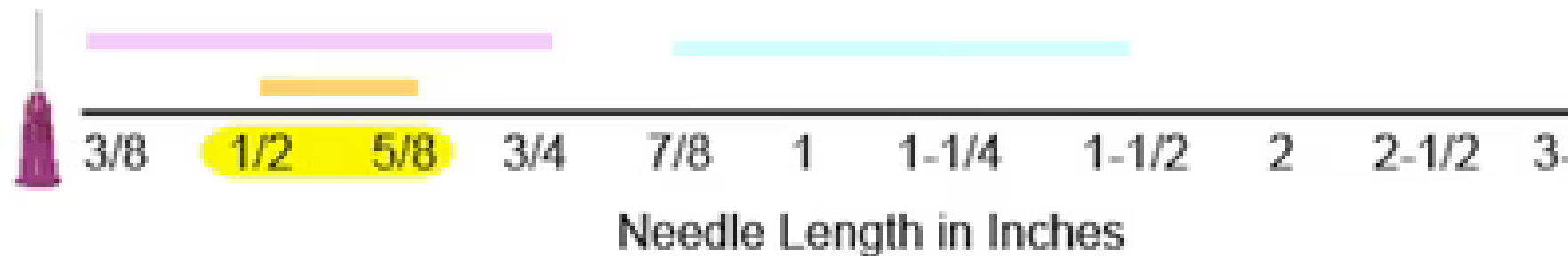
Needle Length

Needle Length Selection by Type of Injection

Intradermal Injections

Intramuscular Injections

Subcutaneous Injections

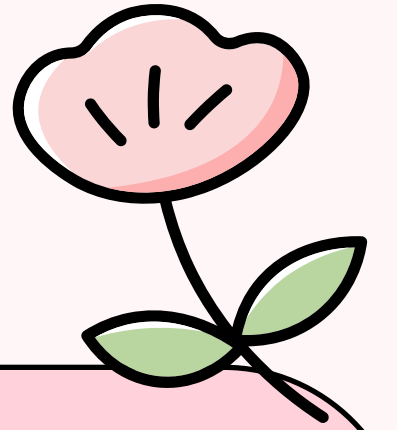




Intravenous (IV)

- Injecting into the vein or artery
- This is accompanied by high risk of infection
- ALWAYS inject with a buddy
- ALWAYS test what you are injecting
- ALWAYS use a disposable sterile needle and syringe
- IF POSSIBLE KEEP REVERSAL AGENTS ON YOU!

Intravenous (IV)

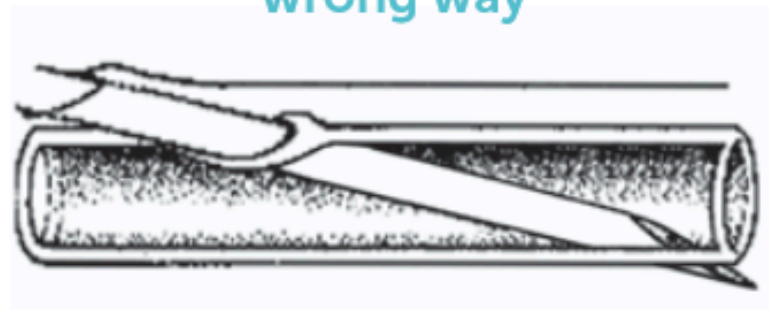


- Insert the needle into the skin parallel to the vein with the bevel (hole) pointing up. The tip should be pointing in the same direction as the blood flow – towards your heart. Take care not to push the needle through the back wall of the vein.

right way



wrong way



Where: forearm; inbtwn elbow joint; ankle;

Supplies: 18G or 19G to draw up 3ml syringe to 10 mL syringe

Supplies to clean equipment if not disposable

Butterflies are best



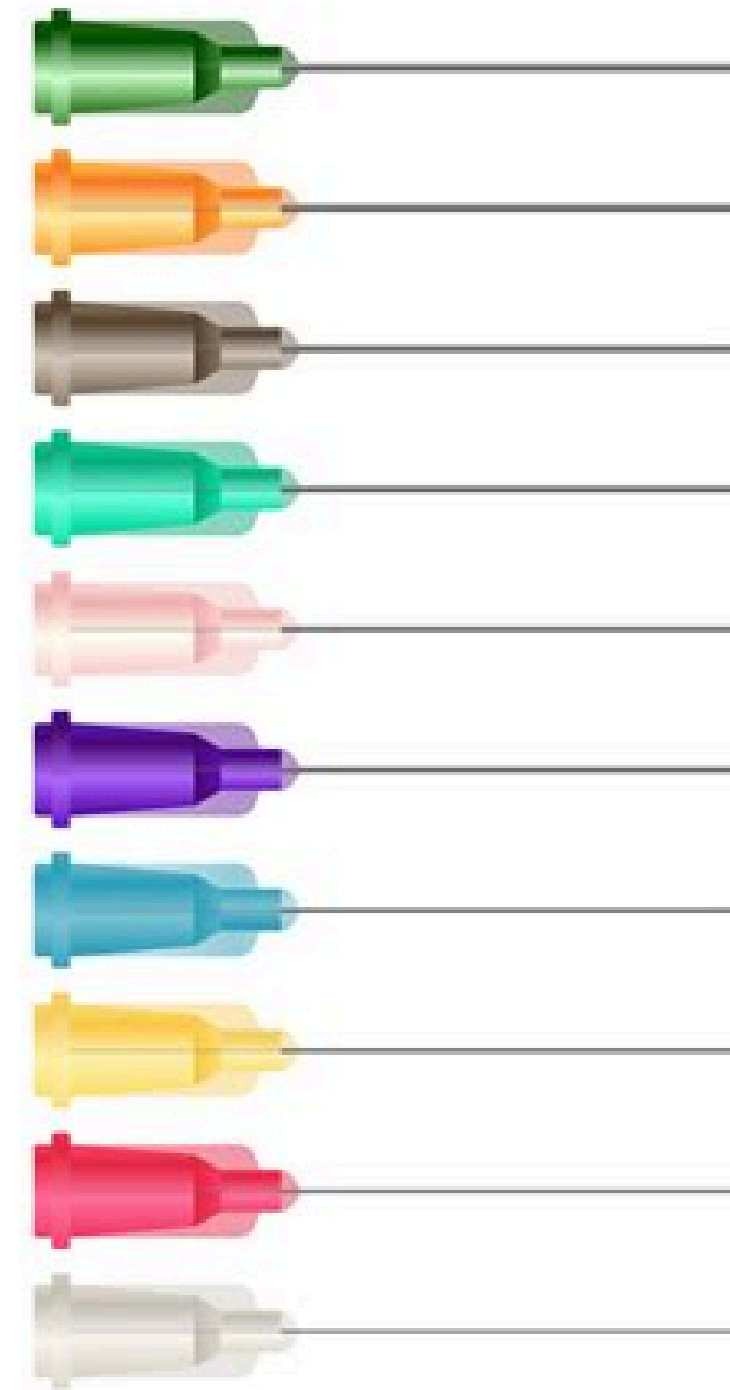
Comparison of Needles & TLDR

Needle come in guages
like earrings

The bigger the number
the smaller the needle

for example a 25 gauge
(often represented as
the letter G)

NEEDLE GAUGES FOR INJECTIONS CHART SIZE



14 Gauge

COLOR: OLIVE

OUTER DIAMETER: .072 in (1.83 mm)

15 Gauge

COLOR: AMBER

OUTER DIAMETER: .065 in (1.65 mm)

14 Gauge

COLOR: GRAY

OUTER DIAMETER: .064 in (1.63 mm)

18 Gauge

COLOR: GREEN

OUTER DIAMETER: .050 in (1.27 mm)

20 Gauge

COLOR: PINK

OUTER DIAMETER: .036 in (.91 mm)

21 Gauge

COLOR: PURPLE

OUTER DIAMETER: .033 in (.83 mm)

22 Gauge

COLOR: BLUE

OUTER DIAMETER: .027 in (.70 mm)

23 Gauge

COLOR: ORANGE

OUTER DIAMETER: .025 in (.63 mm)

25 Gauge

COLOR: RED

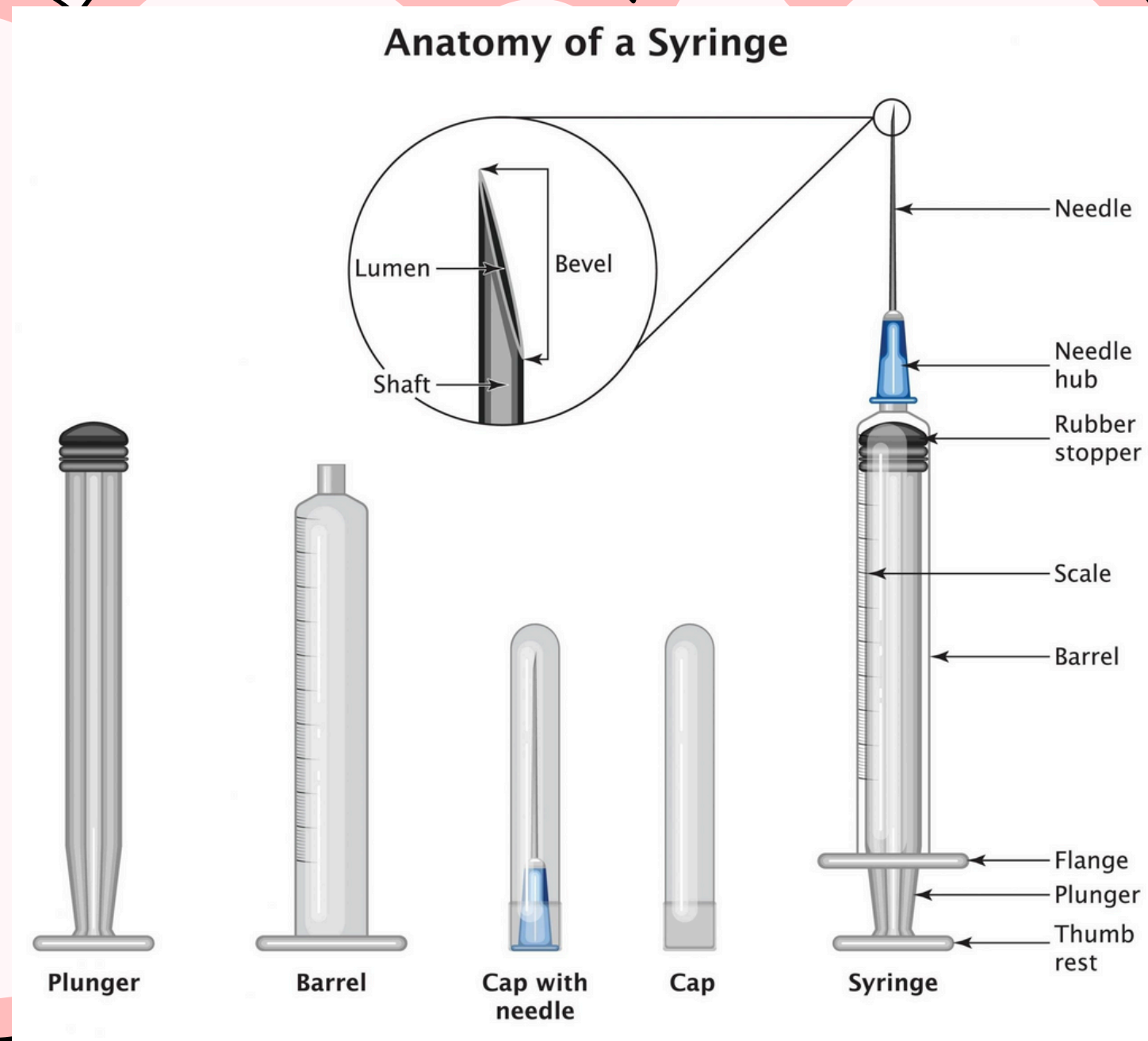
OUTER DIAMETER: .020 in (.51 mm)

27 Gauge

COLOR: WHITE

OUTER DIAMETER: .016 in (.42 mm)

Anatomy of an Injection Needle



Aseptic Technique

There are bacteria and germs everywhere
Your equipment comes with its own little boat
(i.e. the wrapper)

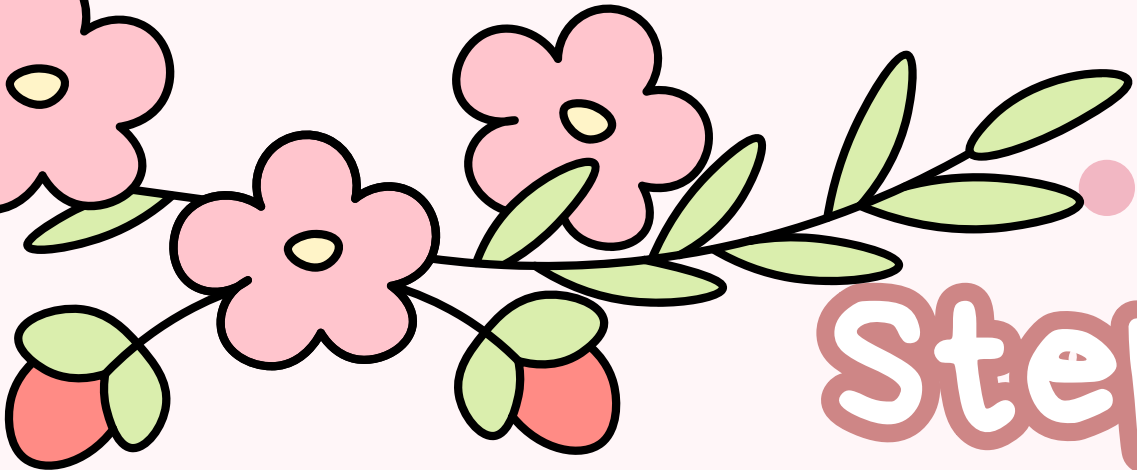
THE TIP OF THE SYRINGE and the part of the
needle that attaches to your syringe should only
touch once and never touch anything outside the
boat



Questions on Aseptic?

Safety Checks

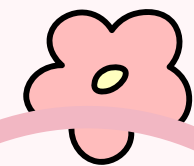
KNOW YOUR MEDICATION NAME
MAKE SURE YOU KNOW WHAT YOU ARE INJECTING
TEST YOUR STUFF
KNOW THE DOSAGE
KNOW THE ROUTE
KNOW THE FREQUENCY
CHECK EXPIRATION



Step-by-Step Guide (1 - 2)

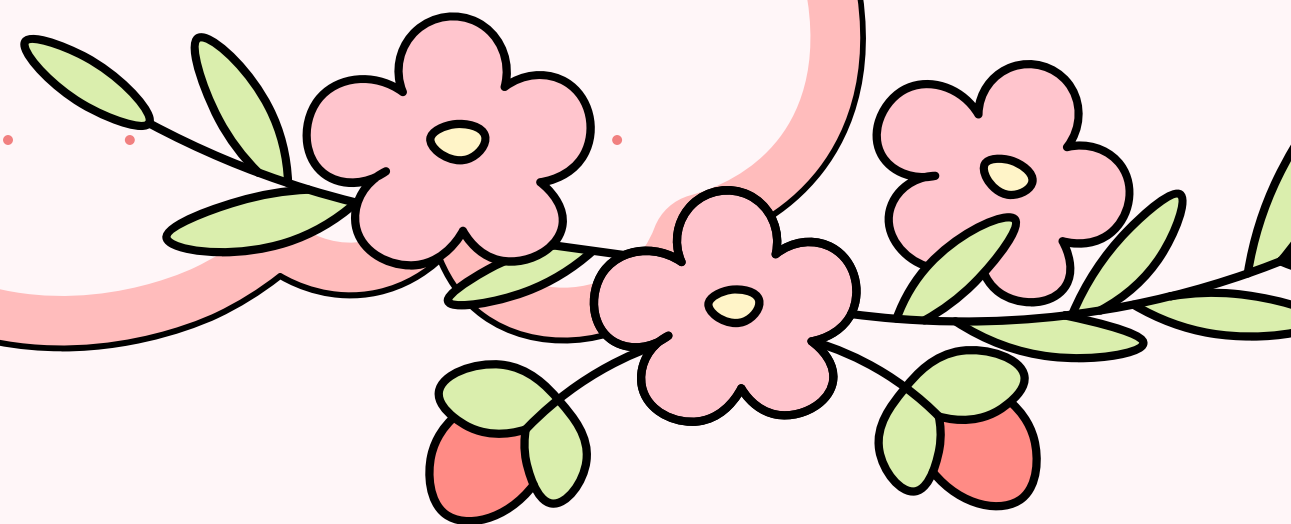


1.) WASH YOUR HANDS!! every single time



2.) Make sure you have your supplies EVERY SINGLE TIME

- needle with safety
- syringe
- alcohol wipe
- gauze/cotton ball
- sharps container
- Tourniquet (IV)
- Band-aid
- buddy (in case of emergency)





Step-by-Step Guide (3- 6)



3.) Clean & inspect injection: site, no bruising/broken skin/swelling etc.; Alternate sites from the last injection: then disinfect & wait 15 secs



4.) Disinfect top of medication EVERYTIME !!

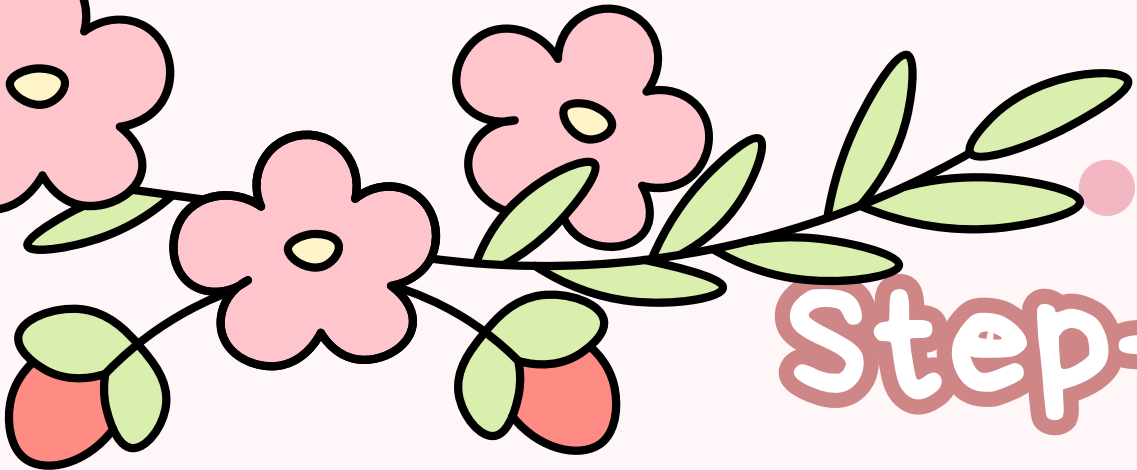


5.) Using aseptic technique, flip the vial upside down & with a 18 to 21 g needle draw up medication to dosage needed (you can label this dosage on ur syringe)



6.) Flip the safety on needle & discard needle used to draw up medication in a sharps container





Step-by-Step Guide, SQ & IM (7-10)



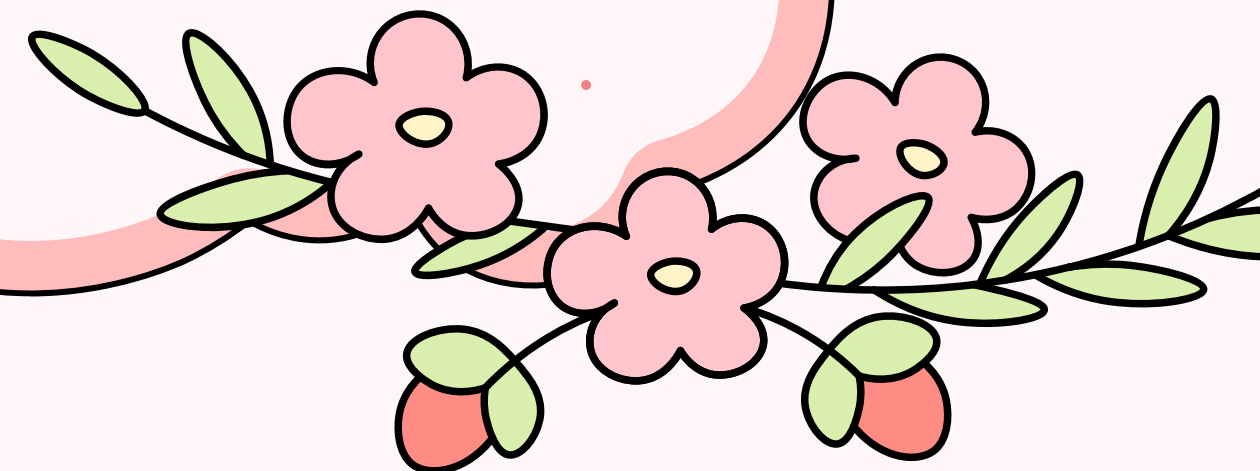
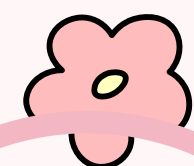
7.) Switch needles & attach the one you will be injecting yourself with to the syringe (keep the cap on, DO NOT RECAP NEEDLES)



8.) REMOVE ALL AIR BUBBLES!!! push out any air pockets by pushing up the depressor on the syringe; after, you can flick the top with your finger to ensure you get out all the bubbles



9.) NOW & ONLY NOW may you remove the cap from the needle
*different for IV injections stay tuned

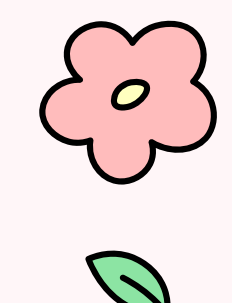




Step-by-Step Guide (10 - 13)



10.) With the hand you aren't injecting yourself with; GRAB THE MEAT (pinch up the flesh on the injection site)



11.) Inject the needle with your dominate hand into the pinched skin, do so quickly & forcibly; make sure to do so at the angle needed for your injection type



12.) Push the plunger/depressor down completely to inject the FULL dose of medication



13.) Let go of the pinched flesh & quickly take the needle out of yourself.





Step-by-Step Guide (14 - 17)



14.) IMMEDIATELY flip the safety back over the needle. Avoid doing this with your hand, use a hard surface to



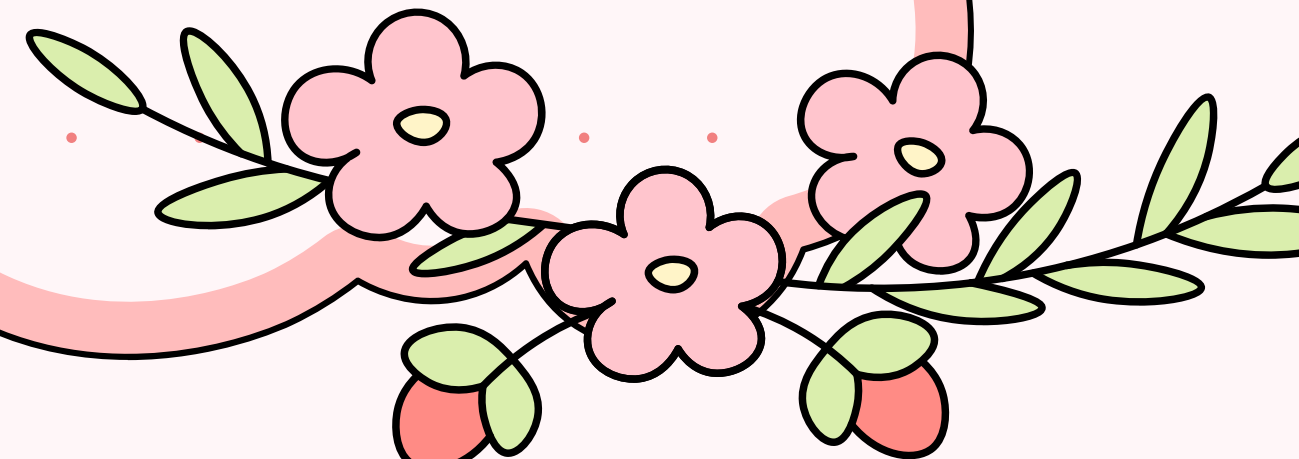
15.) Apply pressure to the site by holding clean gaze or a cotton ball.



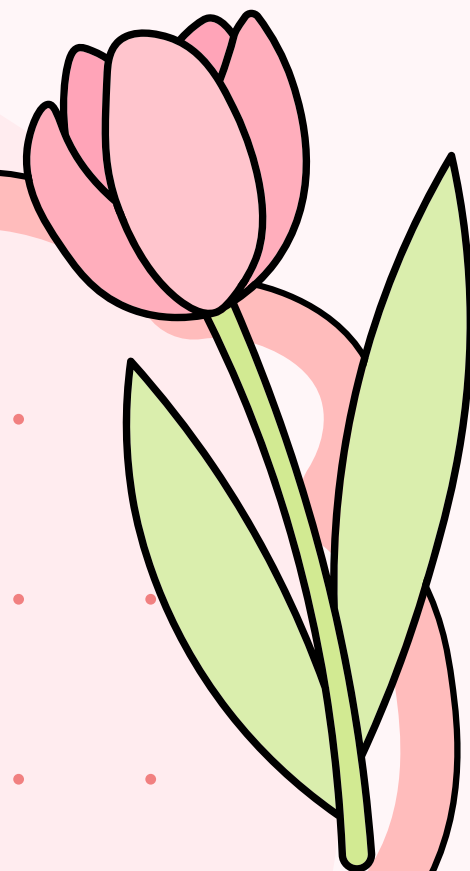
16.) Dispose of needle & syringe in sharps container



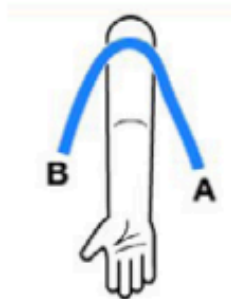
17.) Congrats, you have successfully injected yourself!!! There should ONLY be minimal bleeding & very light bruising if any, (these are normal reactions).



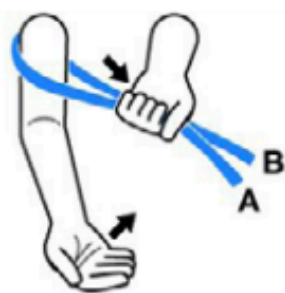
Injection DEMO !!!!!



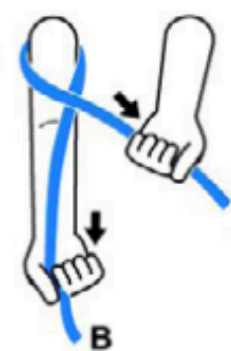
IV Specific Advice



Put arm out palm facing up & ends hanging on each side.



Grab both ends with opposite hand and pull to stretch out.



Use the free hand (from the arm you are injecting into) to grab the bottom tie.



Using the opposite hand, pull the top tie tightly to cross over and tuck under the bottom tie.

Tie a tourniquet an inch above where you plan to inject & make sure it can come off with one swift & easy motion. The goal is not the most pressure but pressure & ease of removal. If injecting in an arm, pump your fist a few times

Undo the tourniquet AS SOON AS THE NEEDLE HAS FOUND THE VEIN, even before the needle is out of you.

Instead of doing step 10, you would anchor the vein

Remember opening of the needle up

Rotate sites; It may be uncomfy at first but giving your body time too rest and repair is vital!

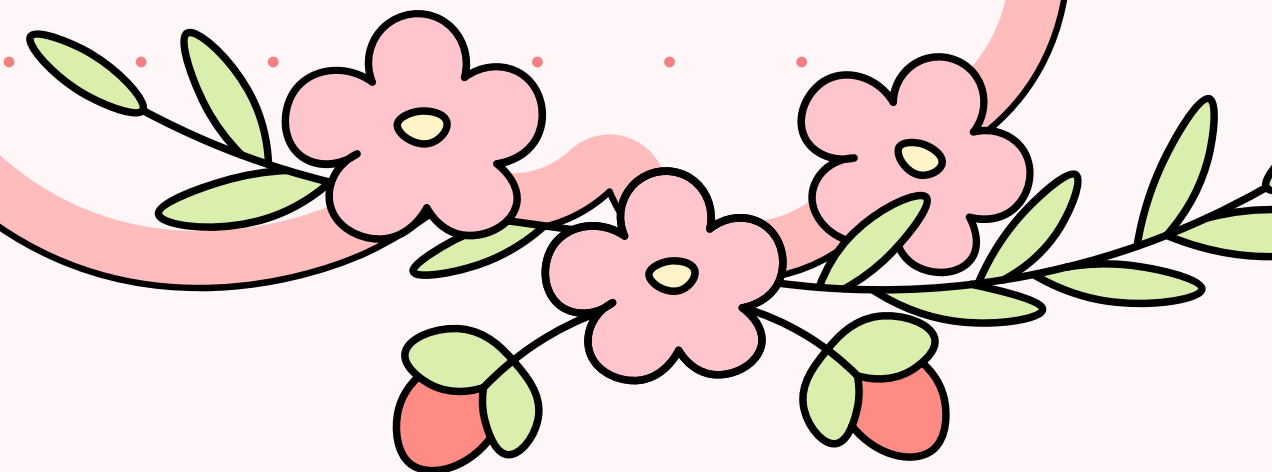
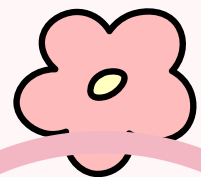


IV Specific Advice



Additional Resources for Safe Intravenous Injection

- [New Zealand Needle Exchange Programme](#)

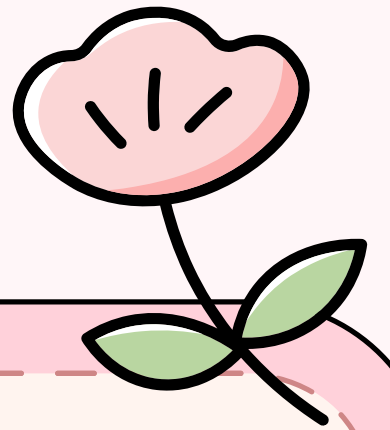


Safe Needles

Always make sure you have sterile, new needles every time! unsafe needles can transmit dangerous infectious diseases.

ANYONE in PA can get prescription for SQ/IM needles, you can ask PCP/any continuous provider for a script if u want insurance to cover Luer lock 1ml syringes is generally the best option self injecting HRT

Safe Needles cont.

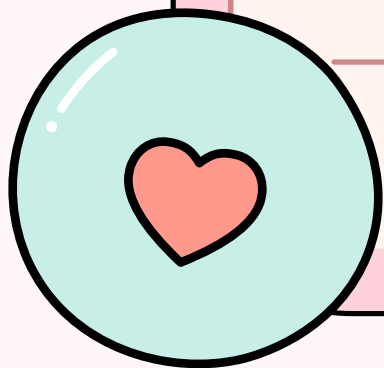


Free Resources:

- Trans needles offers free HRT supplies & harm reduction supplies while prioritizing Black trans folks
- Prevention point also offers free needles
- You can also go to planned parenthood for 3 months supply of needles even if not an HRT patient w them

Affordable Options:

- Med Needles
- Amazon
- Walmart
- National Syringe Service program locator: <https://www.nasen.org/map/>
- Trans Needle Exchange (free mail-based nonprofit service for one-time or short-term support): <https://transneedles.org/supplies>



Safe Disposal

Needles are single use! ALWAYS !!!

Needles should be disposed of in a clear container

made of thick plastic:

for example a plastic milk carton

a pill vial

LABEL YOUR CONTAINER

depending on where you live you will then be able

to dispose of the container in the garbage

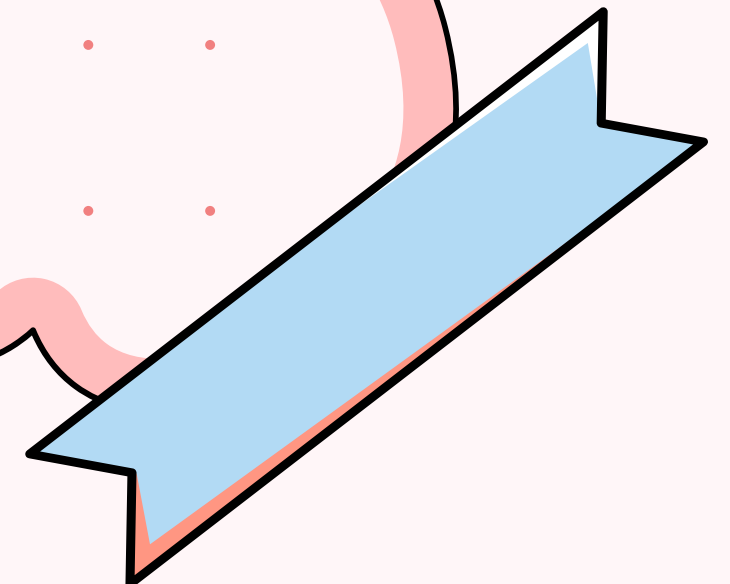
Psychological Safety

BE KIND TO YOURSELF

It can be incredibly difficult to do an injection.
Your ability and capacity to safely self administer
can change over time.

A BUDDY CAN HELP

SET & SETTING
AFTERCARE!!!



SETTING & AFTERCARE

FIND A LOCATION that works for you
giving yourself the tools to relax can make all the difference

For some a distraction can be helpful

BUZZING devices can help (like a vibrator)

HEAT or ICE the injection spot after which ever feels the best for you

Treat yo self!

The slide features a light pink background with a large, darker pink, wavy-edged shape in the center. This central shape contains a grid of small pink dots. The text is written in a white, rounded, bubbly font with a thick pink outline. Decorative elements include a pink swirl in the top left, a pink tulip with green leaves in the top right, a vertical column of four pink flowers with green leaves on the left, and a large green leaf at the bottom left. A pink swirl is also in the bottom right.

TW: The next slide
will have examples
of site complications



Complications



itchiness

redness at site

swelling

discoloration

continued pain or bleeding

try heat/cold compress

Keep the site clean (wash gently with unscented soap)

snap a picture if you want to observe progress

IF symptoms do not stop or progress seek medical help





Mild



Moderate



Things to Consider

IF Injecting Hormones:

Remember When the little dysphoria goblin says

MORE HORMONES THAN IS SAFE:

THAT WILL NOT SPEED UP THE PROCESS

IT IS PUBERTY 2 THE SQUEAKQUEL IT takes time!

Who is Ginkgo Collective?

Trans collective advocating for transgender autonomy in Pittsburgh, PA

We are dedicated to empowering our community with the skills, knowledge, and resources needed to increase our autonomy regarding medical transition, in both formal healthcare settings and independently.

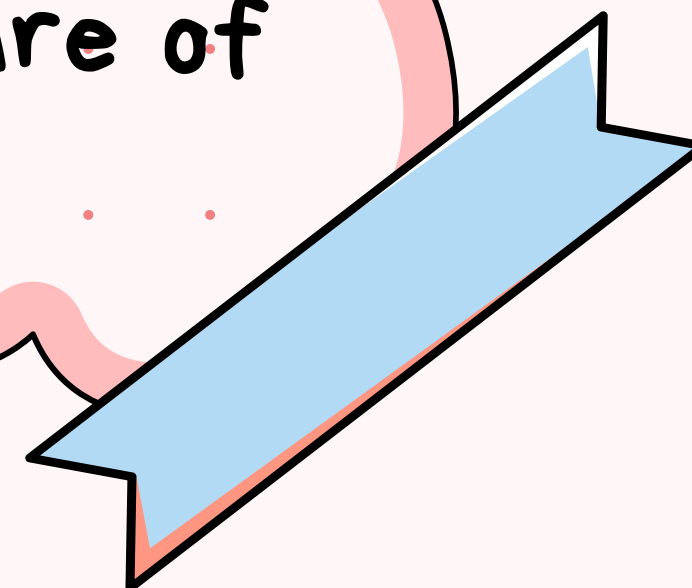
<https://ginkgocollective.noblogs.org/>

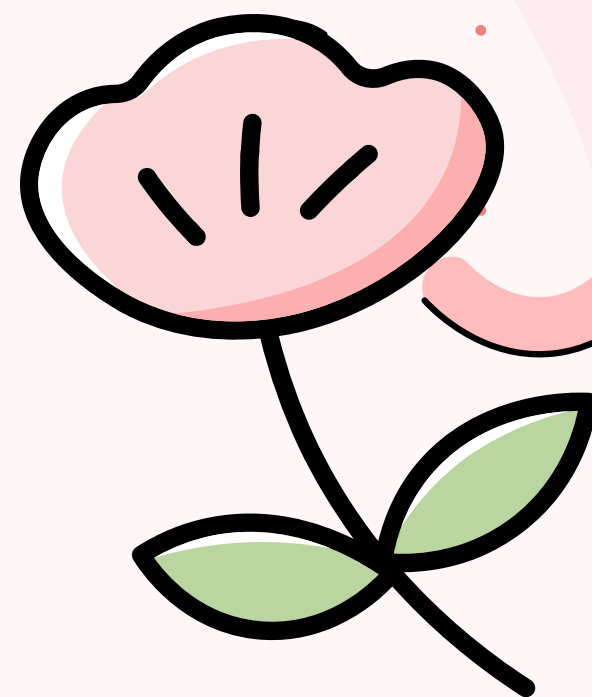
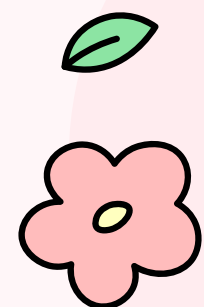
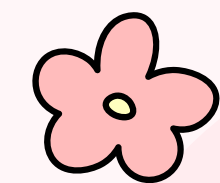
Wrap up

BE KIND BE GENTLE BE FREE

THANK YOU FOR COMING!!!

We all have a responsibility to care for each other and ensure the safety of our community; even if the info in this presentation isn't applicable to you, we all have the communal responsibility to take care & learn to take care of each other



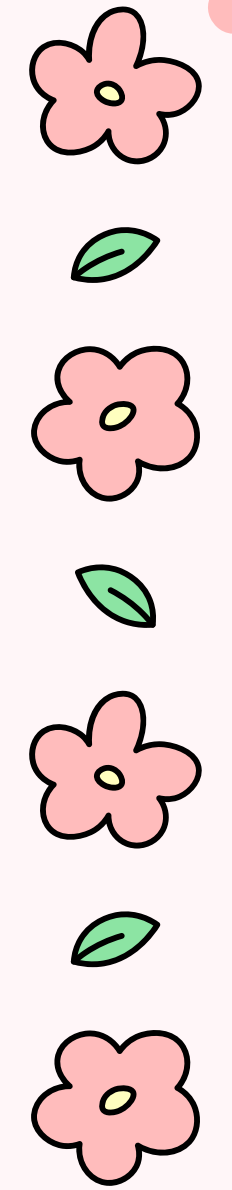
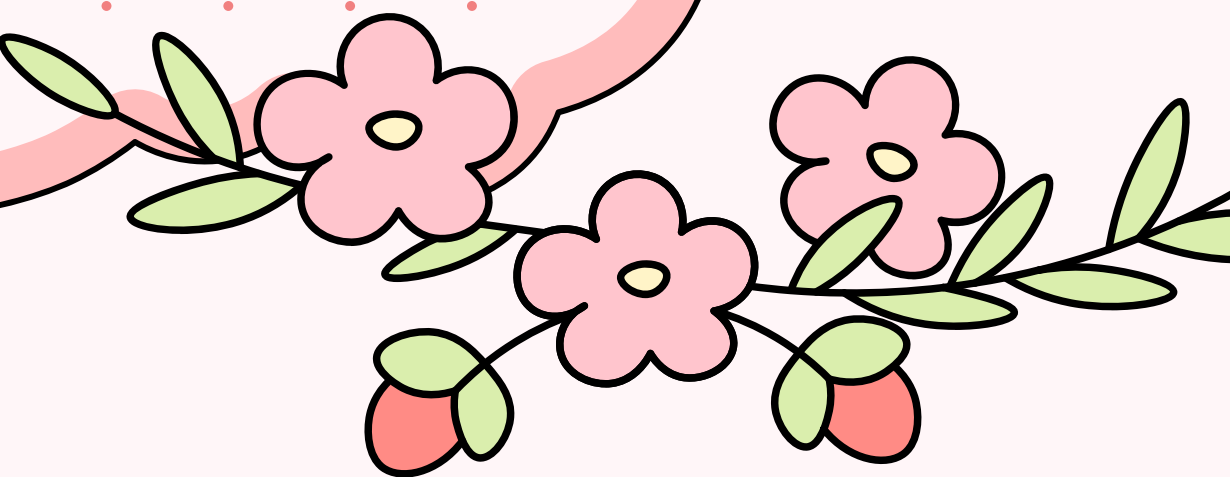


Questions? &
Come get yo shit



Good Resources



- 
- FENWAY HEALTH INJECTION GUIDE
 - QUEERDOC: Less Ouch! Tips for Less Painful Injections
 - NATIONAL HARM REDUCTION COALITION
 - PREVENTION POINT PITTSBURGH
 - ALLIES FOR HEALTH AND WELLBEING
- 

Works Cited

- 1/8/24 less ouch! tips for less painful injections - queerdoc • trans online doctors office - curing LGBTQ+ healthcare discrimination. QueerDoc. (2024, October 22). <https://queerdoc.com/tips-for-less-painful-injections/>
- https://fenwayhealth.org/wp-content/uploads/Hormone-Injection-Guide_final_web.pdf
- <https://harmreduction.org/issues/safer-drug-use/injection-safety-manual/safer-injection-basics/>