

Safe Stick: Testosterone



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Empowering. Healing. Connecting.

If you inject testosterone, it's important to use a new needle (preferred) or a clean needle every time. Sharing needles/syringes can infect you or someone else with HIV, hepatitis, or a bacteria that can make you sick. Here are some options to lower your risk if you inject testosterone.

SWAP

Needle exchange programs. There are 14 needle exchange programs in Wisconsin. (Check out the list on the back.) The process is simple: You bring in used needles/syringes and they will give you new ones. Using new needles is the safest way to go and needle exchange programs are FREE.

BUY

Alternative sources.

- If you have a prescription for testosterone, consider using a pharmacy like Stroheckers (mail order). They automatically ship your testosterone with new needles and alcohol wipes (\$55-75).
- Veterinary supply stores (such as Farm and Fleet) sell large gauge needles for minimal cost (around \$20 for 100 needles/syringes).

CLEAN

Clean needles with detergent, then bleach. Injected testosterone is oil based. Traditional bleach methods don't work on oils. If you aren't able to use a new needle each time, follow these steps to clean your own needles.

1. Clean with water. Fill and empty your syringe several times with plain water.
2. Clean with detergent. Use liquid Dawn dishwashing detergent, slightly diluted in warm water. Draw the solution into the syringe, tapping the syringe, and emptying 3-4 times.
3. Rinse. Rinse the syringe 5-6 times with water.
4. Clean with bleach. Fill the syringe to the top with bleach and empty at least 3 times. Tapping the syringe and leaving the bleach in for a few minutes will increase effectiveness.
5. Rinse. Fill and empty your syringe 3-4 times with plain water.

Remember: Never share needles or syringes with anyone (even if you've cleaned them).

You're worth it!