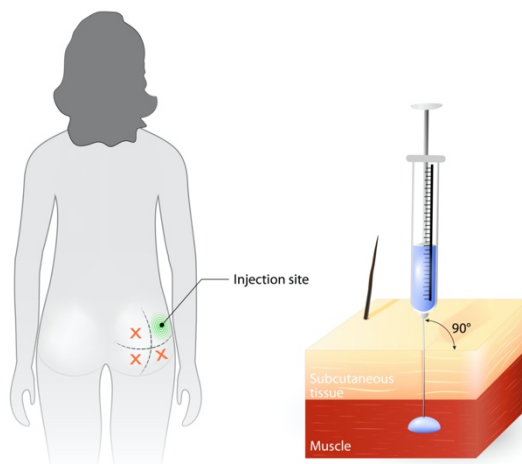


## Patient Guideline for Estradiol Valerate Injection

1. Wash your hands.
2. Set out vial of estradiol valerate, alcohol swabs, syringe, needles, and Sharps container.
3. The upper, outer quadrant of the buttock is the recommended injection site.
4. Choose the location, making sure to rotate site from previous injection areas.
5. You may numb the site with ice for 30 seconds.
6. Cleanse injection site with alcohol swab.

### Intramuscular injection



7. Let the alcohol air dry completely before injecting. This will also allow less burning/stinging.
8. Wipe the rubber top of vial with alcohol swab.
9. Attach designated drawing needle to syringe.
10. Take syringe and pull back the air equal to the dose amount you will be injecting.
11. Puncture rubber stopper with syringe and inject air.
12. Keeping the eye of the needle in the liquid, invert the vial and draw up "ml" needed for dose.
13. Gently flick out any air bubbles.
14. Twist off the needle from the syringe and replace with a new, designated needle to inject.
15. Spread the skin gently at the injection site with your thumb and index finger to make area taut.
16. Inject at a 90 degree angle into chosen site with a quick dart-like motion.
17. Pull back gently and slightly on plunger to ensure no blood is drawn back into syringe. This is uncommon, but if it occurs, pull needle out and replace needle before trying a different location.
18. If there is no blood, depress the plunger slowly, counting to 10, to allow better absorption into the muscle.
19. Once fully injected, wait 1-2 seconds and then quickly remove the needle.
20. You can apply pressure with a sterile gauze pad.
21. Deposit the used syringe in the Sharps container.