



PUR-FORM

Men's Testosterone Replacement Therapy

Welcome To The *Future* of Your Health

Men's TRT Starter Guide

What to expect, administration instructions & tips to make the most out of your program.



At-Home TRT Protocol

Initial Visit:

- Come into the office for same-day testing & treatment. Meet with our Men's Health Provider to receive your personalized care plan & dosing.
- Review proper techniques for drawing medication into the syringe and self-administering injections.

Prescriptions:

- After your initial visit, your provider will order your testosterone prescription.
- Your prescription will arrive directly to your address.
- Check the label carefully and administer the proper dosage as instructed.

Medication Management:

- Do not use excess medication. We cannot refill early if you run out of doses before the prescription expires.
- Contact the office when you have 1 dose remaining.

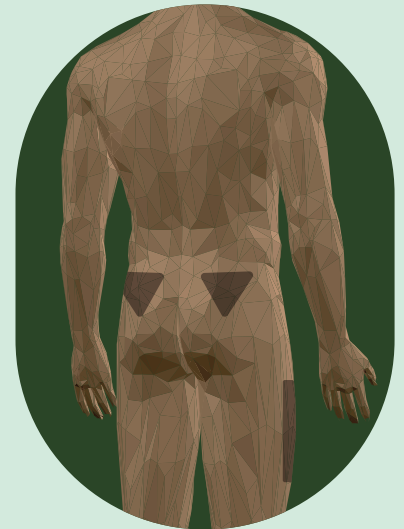
Lab Monitoring:

- Second round of labs drawn 7-8 weeks after initial visit to monitor levels.
- Provider will review results, make dosage adjustments as needed.
- After second labs, provider may extend time between bloodwork to every 6 months.

Our Approach:

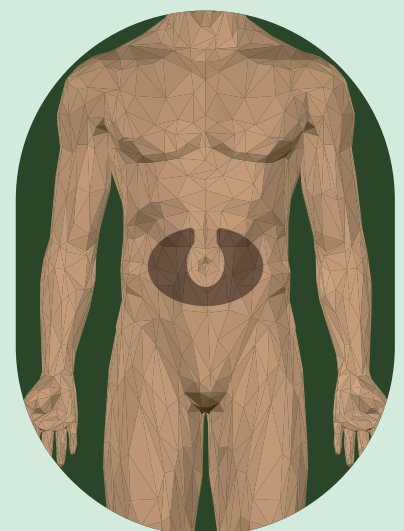
Discreet, professional care focused on revitalizing men's sexual health and testosterone levels. Let us help you get your life back through effective TRT treatment.

Injection Areas



Upper glutes & quads

SubQ Injection Area



Abdomen
(one inch away from the naval)

TRT Clinical Protocol



TRT is used to clinically manage low testosterone levels in men. The goals are to improve sexual function, increase muscle mass, strength, bone density, and overall well-being. We aim to help each patient achieve a therapeutic testosterone level that alleviates symptoms while remaining in the normal range. Some may require higher or lower levels based on individual medical needs.

In-Office TRT Protocol:

Initial Visit:

- Come into the office for same-day testing & treatment. Meet with our Men's Health Provider to receive your personalized care plan & dosing.
- Review proper techniques for drawing medication into the syringe and self-administering injections.
- Verify your mailing address on file is correct.

Injection Schedule:

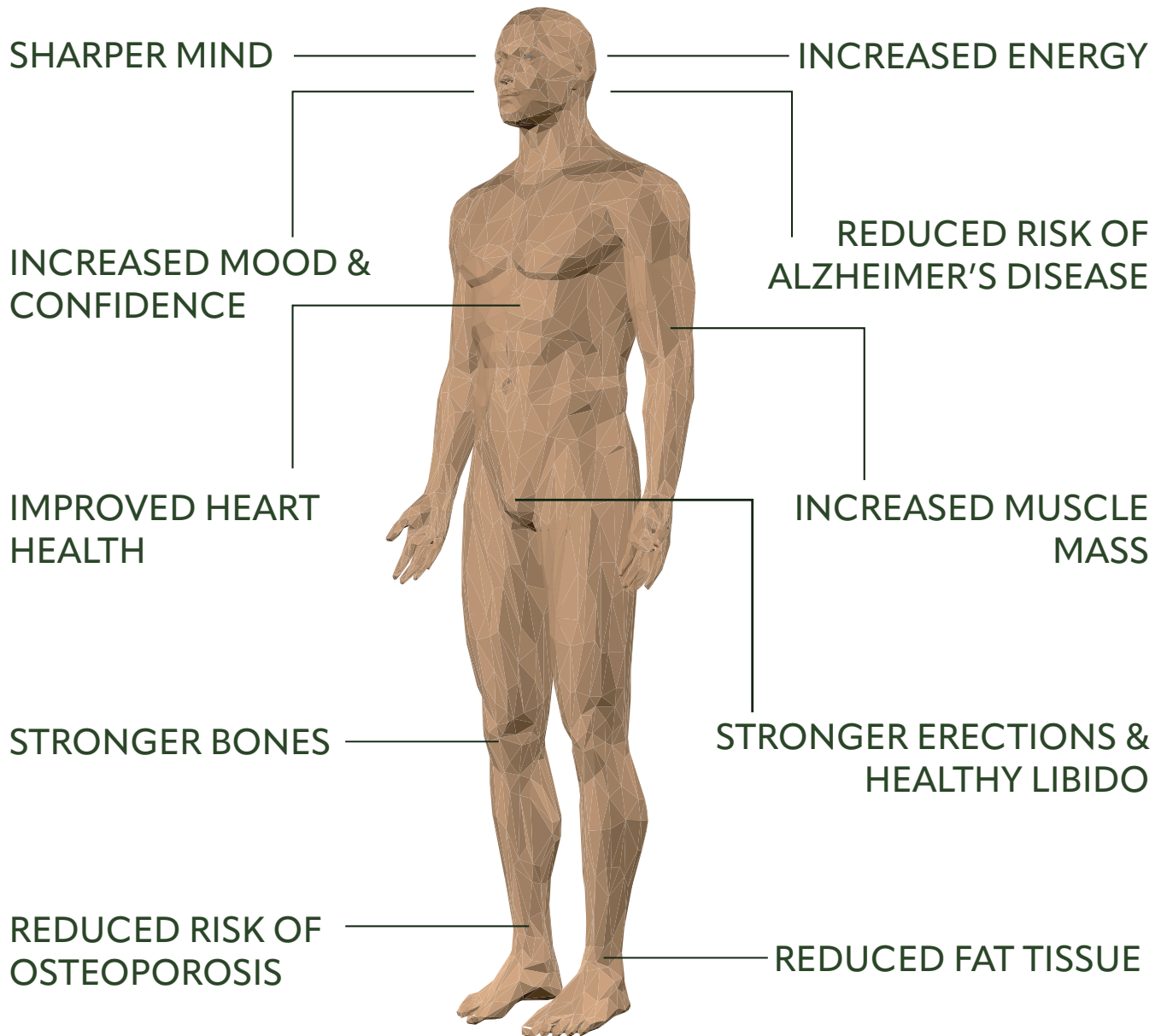
- Return 7 days after your initial visit for your second injection.
- Upon checkout, we will schedule you for your next injection appointment.

Lab Monitoring:

- Second round of labs will be drawn 7-8 weeks after starting TRT.
- Our Men's Health Provider will review results and adjust dosage as needed.
- Discuss your experience and ask questions at this visit.
- After second labs, provider may extend time between bloodwork to every 6 months.



Benefits of Optimal Testosterone



Onset Effects of TRT



Increased

Effects begin in

Mood	3 weeks
Working memory	3 weeks
Libido begins	3 weeks
Morning erections	3 weeks
Quality of life	4 weeks
Erectile function	12 weeks
Muscle strength	12 weeks
Bone mineral density	12 weeks
Lean body mass	12 weeks
Exercise capacity	12 weeks
Coronary artery blood flow	12 weeks

Decreased

Lipids	4 weeks
Inflammatory markers	4 weeks
Serum glucose	12 weeks
Blood pressure	12 weeks



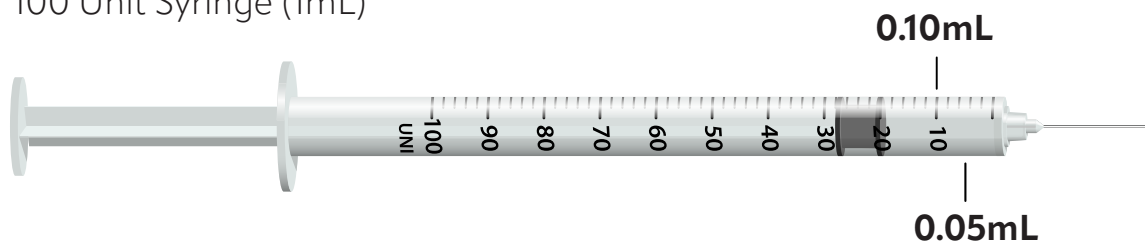
How to Read an Insulin Syringe



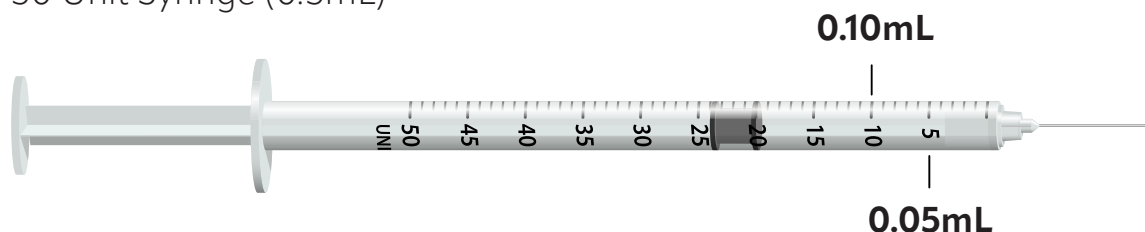
Though knowing how to read an insulin syringe isn't very difficult, it does require you to keep in mind certain points. Here's all you need to know about how to read an insulin syringe:

- The larger the syringe size, the more medication it can hold.
- When choosing a syringe, consider the number of units you require and how clearly visible the markings on the barrel are. It must be noted that the markings on the barrel of smaller syringes are set further apart and easily visible.
- Most scales on the barrel are in ml (milliliters). A 0.50 ml syringe holds 50 units while a 1.00 ml size syringe holds 100 units.
- In order to prepare the required dose of medication, the plunger must be pulled down to draw air into the syringe. It must be borne in mind that the quantity of air inside the syringe must be the same as the number of units of medication needed for the injection.
- Before measuring the correct number of units, make sure to check for any bubble in the syringe. Bubbles should be removed by gently tapping on the syringe.
- When measuring the amount of solution, always read from the top ring i.e. needle side, not the bottom ring or the section that is raised in the middle of the plunger.
- **When measuring an amount that is not exactly marked by the dash lines on the syringe, you may have to count between the lines.**

100 Unit Syringe (1mL)



50 Unit Syringe (0.5mL)



Subcutaneous Injections

What is a subcutaneous injection?

Subcutaneous injections (also known as SQ or Subq) target the fatty tissue just beneath the skin, offering a convenient and effective way to administer medications. Common injection sites include the abdomen, upper thigh, and upper arm. [Figure 5](#)

Step 1

Gather Your Medication and Supplies

Assemble your medication, syringes, needles, alcohol wipes, and a sharps container or a puncture proof container (like a plastic milk bottle). If your medication is in powder form, you'll need a mixing syringe/needle and the appropriate diluent. [Figure 1](#)

Step 2

Needle and Syringe Essentials

For subcutaneous injections, an insulin syringe marked in units is used. Unit marks on the insulin syringe barrel facilitate precise measurements of tiny amounts of liquid, ideal for medications such as insulin that require accurate dosing.

Attached to your insulin syringe is a small needle. [Figure 2](#)

Needle Gauge: The needle thickness is measured in gauge, varying by preference and/or body fat percentage. A higher gauge indicates a thinner needle for enhanced comfort during injection.

Needle Length: The needle's length, measured in inches, may vary based on preference and/or body fat percentage.

Example: 30 gauge, 5/16" needle.

Step 3

Prepare Your Injection Site

1. Wash your hands thoroughly.
2. Select an injection site (abdomen, upper thigh, upper arm).
3. Clean the chosen site with an alcohol wipe.

Figure 1



Figure 2

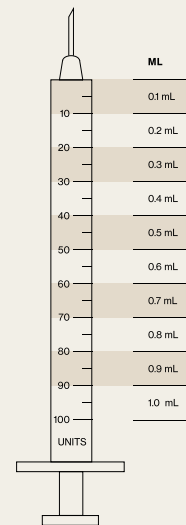
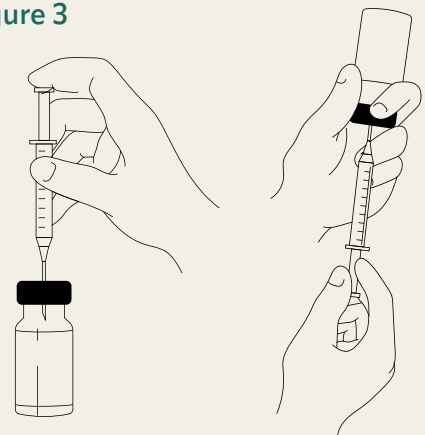


Figure 3



Step 4

Medication Preparation

1. Verify the correct medication and check expiration date (Beyond Use Date - BUD). **Figure 5**
2. If your medication is in powder form (lyophilized), you'll need a mixing syringe/needle and the provided diluent.
3. **Confirm dosing instructions on the prescription label.**

Step 5

Drawing Medication From the Vial

1. Flip-off vial cap and expose the grey rubber stopper.
2. Wipe top of vial with alcohol pad.
3. Insert the needle into the rubber stopper at a 90-degree angle, then turn the vial upside down. **Figure 3**
4. Gently pull back on the syringe plunger to draw the dose. Tap the syringe gently to remove air bubbles.
5. Adjust the volume as needed to the prescribed dose.
6. Inspect your syringe for accuracy.

Step 6

Administering the Injection

1. Pinch the area of the skin where you'll be administering the shot. **Figure 4**
2. Push the needle into the pinched skin either straight up and down, at a 90-degree angle, or at a slight 45-degree angle.
3. Once the needle is in, let go of the skin.
4. Push plunger slowly to inject the medication to minimize discomfort.
5. Upon completion, remove the needle, apply pressure, and massage the area to disperse the medication.

Step 7

Clean Up

1. Wash hands.
2. Follow the specific storage instructions provided on your vial label for any unused medication. **Figure 6**
3. Dispose of used needles in a sharps container. **Figure 7**

When to Seek Medical Attention

If there is evidence of an allergic reaction including having trouble breathing, a body rash, or swelling of the face or throat. Local irritation, redness, slight burning, swelling, and hard bumps over the shot area may be normal.

Figure 4

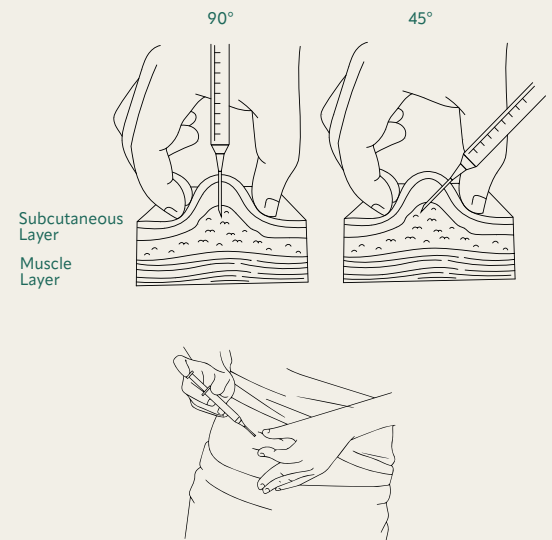


Figure 5

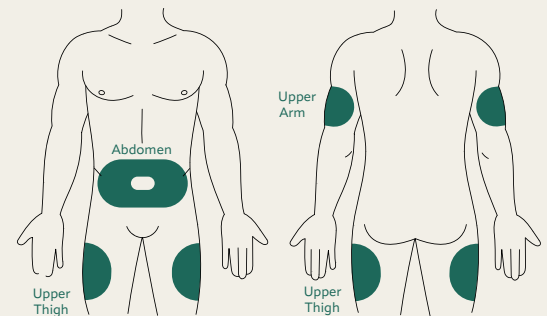


Figure 6

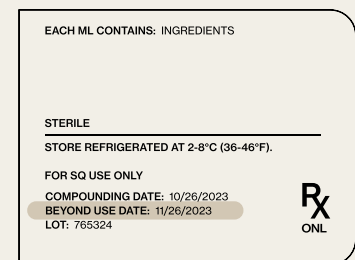


Figure 7



Intramuscular Injections

What is an intramuscular injection?

IM injections deliver medication deep into the muscles, such as Deltoids, Quadriceps, and Glutes, for effective absorption.

Figure 4

Step 1

Gather Your Medication and Supplies

Assemble your medication, syringes, needles, alcohol wipes, and a sharps container or a puncture proof container (like a plastic milk bottle). If your medication is in powder form, you'll need a mixing syringe/needle and the appropriate diluent. **Figure 1**

Step 2

Needle and Syringe Insights

Syringes: A 1mL or 3mL, with luer lock (screw-on-off connection), ensures a secure needle connection. **Figure 2A**

Needles:

- The needle thickness is measured in gauge, varying by preference or body fat percentage. Thicker gauges (18G-23G) are for drawing out medication from the vial, while thinner gauges (23G-25G) are for injecting.
- Length varies based on preference and body fat percentage, with options like 5/8", 1", and 1.5".

Note: If your syringe comes with a pre-attached needle **Figure 2B** be aware of its gauge - either for drawing (18G-23G) or injecting (23G-25G). Using separate needles is advised for drawing and injecting to maintain sharpness as needles dull with multiple punctures.

Step 3

Prepare Your Injection Site

1. Wash your hands thoroughly.
2. Select an injection site (abdomen, upper thigh, upper arm). **Figure 4**
3. Clean the chosen site with an alcohol wipe.

Figure 1



Figure 2A

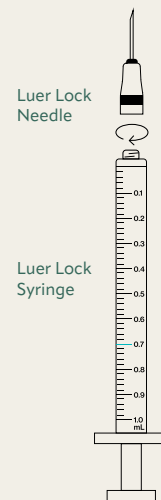


Figure 2B

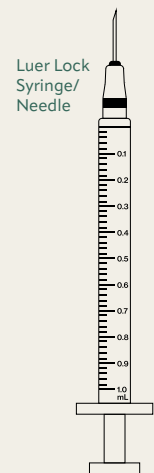
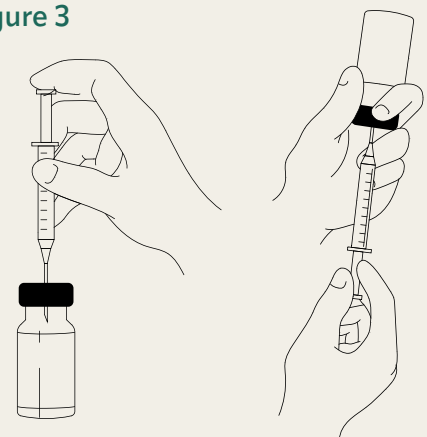


Figure 3



Step 4

Medication Preparation

1. Ensure your medication reaches room temperature if refrigerated to minimize discomfort.
2. Verify the correct medication and check the expiration date (Beyond Use Date - BUD). **Figure 5**
3. If your medication is in powder form (lyophilized), you'll need a mixing syringe/needle and the provided diluent.
4. **Confirm dosing instructions on the prescription label.**

Step 5

Drawing Medication From the Vial

1. Flip-off vial cap and expose the grey rubber stopper.
2. Wipe top of vial with alcohol pad.
3. Insert the needle into the rubber stopper at a 90-degree angle, then turn the vial upside down. **Figure 3**
4. Gently pull back on the syringe plunger to draw the prescribed amount. Tap the syringe gently to remove air bubbles.
5. Adjust the volume as needed to the prescribed dose.
6. Inspect your syringe for accuracy.

Step 6

Administering the Injection

1. At a 90-degree angle, inject the needle swiftly and smoothly into the desired site. **Figure 4**
2. Slowly, push plunger to inject the medication to minimize discomfort.
3. Upon completing, remove the needle, apply pressure, and massage the area to disperse the medication.

Step 7

Clean Up

1. Wash hands.
2. Follow the specific storage instructions provided on your vial label for any unused medication. **Figure 5**
3. Dispose of used needles in a sharps container. **Figure 6**

When to Seek Medical Attention

If there is evidence of an allergic reaction including having trouble breathing, a body rash, or swelling of the face or throat. Local irritation, redness, slight burning, swelling, and hard bumps over the shot area may be normal.

Figure 4

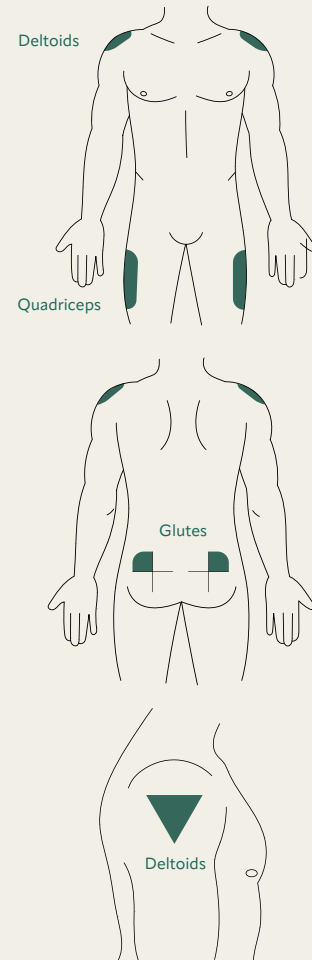


Figure 5

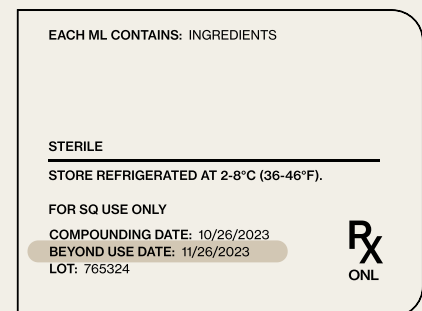


Figure 6



Lifestyle Recommendations



- Maintain a balanced diet rich in fruits, vegetables, and lean proteins
- Engage in regular exercise, aiming for at least 150 minutes of moderate activity per week
- Practice stress-reduction techniques such as meditation or yoga
- Ensure adequate sleep (7-9 hours per night)
- Limit alcohol consumption and avoid smoking
- Daily Water Intake: Aim for at least 8-10 glasses (64-80 ounces) of water per day

Individual needs may vary based on activity level, climate, and overall health. These recommendations are designed to support overall health and potentially enhance the effectiveness of the TRT treatment. Proper hydration can help with hormone distribution, metabolism, and may alleviate some common symptoms associated with hormonal changes.

Wellness Treatments to Pair with TRT

- Cryotherapy
- HBOT (Hyperbaric Oxygen Therapy)
- Red Light Therapy
- Contrast therapy
- IV Therapy

