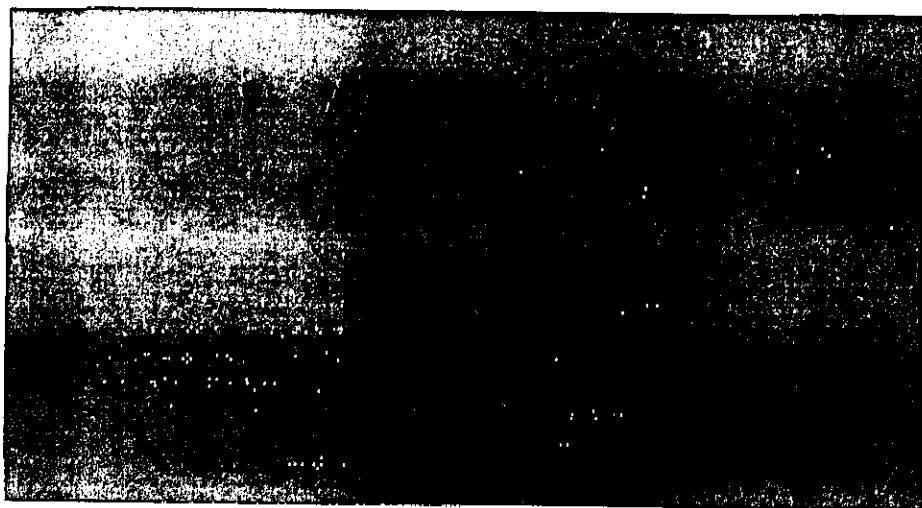
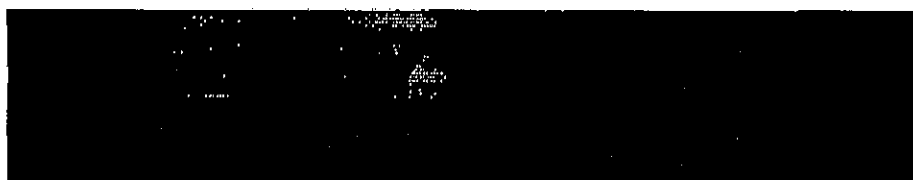



BY JOSHUA RIVERDALE ([HTTP://TRANSGUYS.COM/AUTHOR/JOSHUA](http://transguys.com/author/joshua)) / OCTOBER 24, 2013

NEW STUDY: SUBCUTANEOUS ADMINISTRATION OF TESTOSTERONE SAFE, EFFECTIVE ALTERNATIVE TO IM INJECTIONS





 686 people like this. Sign Up to see what your friends like.

Tweet

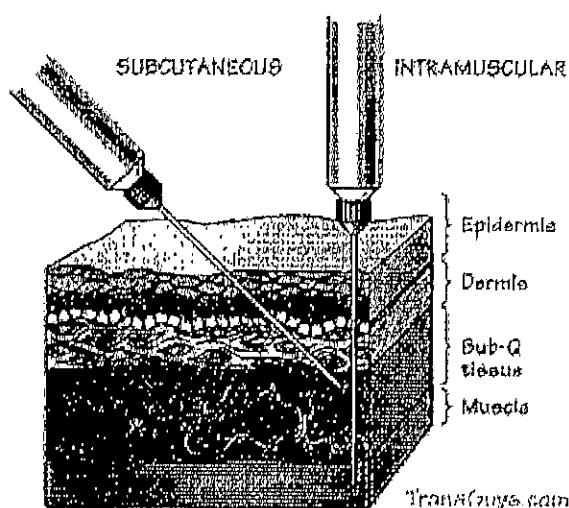
3

G+

In North America, the leaflet that comes with injectable testosterone says that T should only be injected intramuscularly, but a growing number of endocrinologists are recommending subcutaneous injections as a convenient, effective alternative.

What Are

Subcutaneous vs. Intramuscular Injections



Subcutaneous Injections?

aka. SC, SQ, sub-cu, sub-Q or subcut.

The difference between sub-q and IM injections is basically the depth of the injection. A subcutaneous injection is administered into the layer of skin directly below the dermis and epidermis, with a depth of 4–8mm (0.15"–0.2"), while an IM injection is administered into muscle, with a depth of at least 2.5cm (1"). Subcutaneous injection sites include belly, upper arms, and thighs.

[Ryan Sallans](http://www.ryansallans.com/) (<http://www.ryansallans.com/>) has a helpful video demonstrating how to do a sub-q testosterone injection:

How to do a Subcutaneous Injection and Comparison to I...



The Case for Sub-Q

In a study initiated by the well-known endocrinologist, Dr. Norman Spack (<http://thephoenix.com/boston/life/142583-how-norman-spack-transformed-the-way-we-treat-tran/>), researchers sought to assess the safety and absorption of subcutaneous testosterone therapy in FTM trans men and hypogonadal cis gender men. They found subcutaneous administration of testosterone to be a safe, effective, and affordable alternative to IM injection.

“*T levels were well within the therapeutic range varying from 320-824 ng/dL (mean 608 ± 82SE). No adverse reactions at the site of injection or otherwise were reported or observed. The injections were easily self-administered except for one patient who was blind. Initial data from our study are promising regarding the SC administration of T. SC T was well tolerated and produced therapeutic serum concentrations at doses generally lower than required for IM injections. These data will provide a foundation for additional studies of pharmacokinetics, efficacy and safety to hopefully characterize SC T as a safe, convenient, and affordable alternative to IM injections.* Source: Evaluation of the efficacy of subcutaneous administration of

testosterone in female to male transsexuals and hypogonadal males.

(<https://endo.confex.com/endo/2013endo/webprogram/Paper9064.html>) ”

Also see: Subcutaneous Testosterone: An Effective Delivery Mechanism for Masculinizing Young Transgender

Men(<http://online.liebertpub.com/doi/full/10.1089/lgbt.2014.0018>)

Olson, Johanna, Schragar, Sheree M., Clark, Leslie F., Dunlap, Shannon L., and Belzer, Marvin. LGBT Health. Ahead of print. doi:10.1089/lgbt.2014.0018. June 26, 2014

Benefits of Sub-Q

- Stable T levels often at doses lower than required for IM injections, reducing patient drug costs.
- Injections are more easily self-administered than IM injections. Not just a convenience, self-administered injections are also a money saver for those who have been paying to have injections administered at a clinic.
- Shorter needles used with subcutaneous injection are ideal for trans teens, with their smaller musculature.
- No build up of muscular scar tissue as with IM injections.
- No risk of sciatic nerve injury from dorsogluteal IM injections(http://www.medscape.com/viewarticle/551320_3).

It's likely that more and more trans guys will be employing sub-q administration of T, particularly those starting HRT as teens. However, more studies investigating absorption rate, half-life, conversion to Estradiol, and affect on DHT levels are still needed to solidify these latest findings.

What type of testosterone do YOU use? Log your answer in the community survey. (<http://transguys.com/polls-surveys/types-of-testosterone>)

Last updated: 07/12/14