

Patient Instructions for Self-Injecting Xyosted (Testosterone Enanthate Autoinjector)

1. Gather Supplies:

- Xyosted autoinjector (check the expiration date and make sure the liquid is clear and free of particles).
- Alcohol swabs.
- Sharps container for disposal.

2. Choose an Injection Site:

- Xyosted is injected subcutaneously (under the skin) into the abdomen.
- Avoid the area around the belly button (at least 2 inches away) and any scarred, bruised, or irritated skin.

3. Prepare for Injection:

- Wash your hands thoroughly with soap and water.
- Clean the chosen injection site with an alcohol swab and let it dry completely.

4. Check the Autoinjector:

- Remove the cap from the autoinjector.
- Inspect the liquid in the window to ensure it is clear and colorless to slightly yellow.
- Do not use the autoinjector if it appears damaged or the liquid is cloudy or contains particles.

5. Inject the Medication:

- Hold the autoinjector perpendicular to your skin (at a 90-degree angle) at the injection site.
- Firmly press the device against your skin until you hear a click. This indicates the injection has started.
- Keep the autoinjector pressed against your skin for 10 seconds to ensure the full dose is delivered.

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6. Dispose of the Autoinjector:

- Place the used autoinjector into a sharps container immediately after use.
- Do not reuse or recycle the device.

7. Post-Injection Care:

- Gently press on the injection site with a clean cotton ball or tissue if there is slight bleeding; avoid rubbing.
- Monitor the area for redness, swelling, or irritation.

8. Notes and Precautions:

- Inject Xyosted exactly as prescribed by your healthcare provider, typically once weekly.
- Rotate injection sites with each dose to prevent skin irritation.
- Contact your healthcare provider if you experience severe pain, swelling, or signs of an allergic reaction.

9. Storage:

- Store Xyosted at room temperature (68–77°F) away from light and moisture.
- Keep out of reach of children and pets.

10. Follow-Up:

- Schedule regular follow-ups with your healthcare provider to monitor your testosterone levels and overall response to treatment.

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