

Hormone Injection Practice: Resources



Injection Resources

The **Hormone Injection Station** draws on current best-practice guidelines established by **Trans Care BC**, **Rainbow Health Ontario (RHO)**, and the **Canadian Paediatric Society (CPS)**.

How to Administer IM Injections — Trans Care BC

Trans Care BC provides an extensively detailed, illustrated guide to administering intramuscular (IM) hormone injections. The guide delineates all procedural steps—from required supplies and aseptic preparation to proper injection technique, site rotation, post-care, and waste disposal—emphasizing infection prevention and harm reduction (Trans Care BC, 2024). These resources are appropriate for clinicians, educators, and patients learning self-injection. Many clinical programs display the guide as a wall reference or integrate it into injection-training curricula.

Citations:

Trans Care BC. (2024, March). *Intramuscular (IM) Injections: A Guide to Giving Yourself Intramuscular Hormone Injections*. BC Centre for Disease Control (Harm Reduction Services). Retrieved from https://www.transcarebc.ca/sites/default/files/2024-03/Intramuscular_injections_0.pdf

Safer Hormone Injection Guide

For individuals who self-administer hormones, Trans Care BC also offers a Safer Hormone Injection Guide (2024), a concise graphic resource outlining step-by-step instructions for both IM and SubQ delivery. This visual tool complements formal training by reinforcing muscle-site location, needle selection, and injection-angle best practices. It supports patient autonomy while maintaining clinical safety standards.

Citations:

Trans Care BC. (2024, March). *Hormone Injection Supplies Toolkit*. Trans Care BC. Retrieved from https://www.transcarebc.ca/sites/default/files/2024-03/Hormone_Injection_Supplies_Toolkit.pdf

Learn more about TGD Focused Clinics Across the Province!

Toronto: [Transgender Youth Clinic | SickKids](#)
Hamilton [Pediatric Gender Diversity Program](#)
Ottawa: [Gender Diversity Clinic - CHEO](#)

Selected Recent Literature

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- Leuprolide Acetate for Puberty Suppression in Transgender and Gender Diverse Youth A 2024 retrospective study compared subcutaneous (Eligard) and intramuscular (Lupron) formulations of leuprolide acetate in youth undergoing puberty suppression. Both routes achieved clinical suppression, though subcutaneous delivery demonstrated greater biochemical consistency, suggesting potential advantages for patient comfort and adherence (Lee et al., 2024).

- **Citations:**

Lee, A., Nguyen, P., & Tetzlaff, E. (2024). *Leuprolide Acetate for Puberty Suppression in Transgender and Gender Diverse Youth: A Comparison of Subcutaneous Eligard Versus Intramuscular Lupron*. *Journal of Adolescent Health, 74*(2), 317–324. <https://doi.org/10.1016/j.jadohealth.2024.01.009>

Updated Risk Map for Trans Health & Rights: Celeste Trianon's Work

Celeste Trianon's *Canadian Anti-Trans Risk Assessment Map* (latest update: July 2025) provides a visually coded, provincially and territorially differentiated depiction of legislative risk environments for transgender and gender-diverse people in Canada.

- The map classifies jurisdictions into categories such as “low risk,” “medium risk,” “high risk” and “worst anti-trans laws.”
- Example: Alberta is currently labelled “worst anti-trans laws” given recently passed bills (e.g., Bill 26, Bill 27) that ban gender-affirming care for youth, enforce outing and restrict sport participation for trans women.
- By contrast, Manitoba, New Brunswick and Yukon are ranked “low risk” due to proactive legislative or policy measures supporting trans inclusion.
- The map is *not* a real-time safety indicator of every local community, but rather a snapshot of legislative/regulatory risk based on qualitative criteria and policy trajectory.

Trianon, C. (2025, July 3). *July 2025 Canadian Anti-Trans Risk Assessment Map*. Celeste. Retrieved from <https://celeste.lgbt/en/2025/07/july-2025-canadian-anti-trans-risk-assessment-map/>