

Testosterone Cypionate — Subcutaneous Dosing

Concentration: 200 mg / mL

For men and women using a **U-100 insulin syringe**. At 200 mg/mL, each unit holds **2 mg**. Read the dose at the **front edge of the black stopper**.

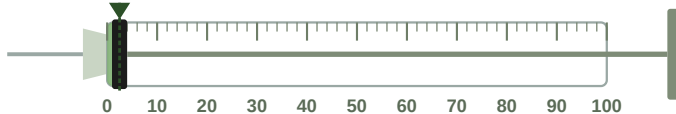
For the 200 mg/mL concentration only. Confirm your vial label before measuring. If it shows any other strength, do not use this guide — contact the pharmacy.

How to measure

200 mg/mL means every insulin unit = **2 mg** (1 unit = 0.01 mL).

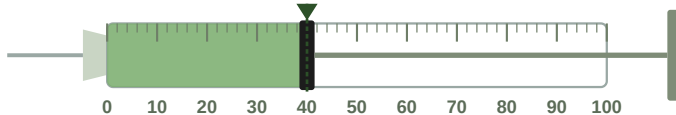
5 mg = 2.5 units = 0.025 mL · low dose

5 mg · 2.5 units



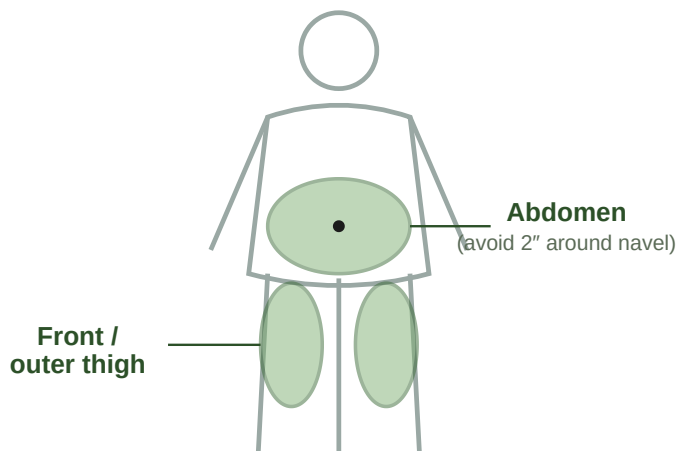
80 mg = 40 units = 0.40 mL · typical male dose

80 mg · 40 units



Syringe & needle: Women should use a **0.5 mL (50-unit) insulin syringe** with 1-unit marks for accurate small doses. Men can use a standard **1 mL (100-unit) insulin syringe** for larger doses. Either way, testosterone is a **thick, oil-based liquid**, so choose a **lower-gauge (thicker) needle**, such as 27g–28g; ultra-fine 30–31g needles draw slowly and can clog.

Where to inject (subcutaneous)



Pinch the fat layer; inject at 45–90°. Also usable: back of the upper arm. **Rotate sites** each time.

Women — low doses

DOSE	UNITS	VOLUME
2 mg	1 unit	0.01 mL
2.5 mg	1.25 units	0.0125 mL
5 mg	2.5 units	0.025 mL
7.5 mg	3.75 units	0.0375 mL
10 mg	5 units	0.05 mL

Men — higher doses

DOSE	UNITS	VOLUME
20 mg	10 units	0.1 mL
40 mg	20 units	0.2 mL
60 mg	30 units	0.3 mL
80 mg	40 units	0.4 mL
100 mg	50 units	0.5 mL

Highlighted 30–50 units (60–100 mg) covers most male weekly dosing. Use the exact dose your prescriber set.

Keep it sterile: wash hands; swab the vial top and skin with alcohol and let dry; use a **new sterile needle & syringe every time**; never touch the needle; never share; discard in a sharps container.

Testosterone is a prescription medication; use only as prescribed for you. This guide is educational, applies **only** to the 200 mg/mL concentration, and does not replace your prescription label. **Always consult with your doctor** before starting, changing, or stopping any dose. Report redness, swelling, or signs of infection promptly.

Web: villagepharmacymiami.com · **Visit:** 9408 SW 87th Ave, Suite 105, Miami, FL (MedSquare Building)