

How to make your own HRT for injection (estradiol and testosterone)

This version written January 2024.



This guide is intended for people homebrewing small amounts of HRT for personal use.

Makes 4x 10ml vials of 200mg/ml testosterone cypionate or 20mg/ml estradiol enanthate.

Either hormone can be injected every 7 days via the intramuscular or subcutaneous route.

:) **PRACTICE GOOD INFOSEC** :)

Remember, transphobes lurk in online DIY spaces and target homebrewers. Please only share this guide and my website link with people you know by private message.

Manufactured by Tyger

This is a zero-profit mutual aid project which is funded by donations. For further information, please visit **tygerHRT.com**

You will need

From Dragon Ordnance: (use “transdiy” for 10% off discount code)

10ml benzyl alcohol
100ml benzyl benzoate

1g estradiol enanthate (EEn)
or
9g testosterone cypionate (TC)

From any cosmetics supplier in the EU:

50ml grapeseed oil

From Exchange Supplies:

5x 10ml luer lock syringe
1x 1ml luer lock syringe
10x 21G detachable Total Dose needles
1x sharps bin

From AliExpress or eBay:

5x sterile, individually-wrapped 0.2 or 0.22um nylon/PTFE syringe filters **(MUST FIT THIS DESCRIPTION EXACTLY - DO NOT USE NON-STERILE OR PES FILTERS)**
5x 10ml **sterile, pre-sealed** borosilicate vials with rubber stoppers
Scale that is accurate to 0.01g
100ml glass reagent bottle
Bottle of 70% isopropyl alcohol
Stainless steel spatula

From anywhere:

A pressure cooker (preferably InstantPot)
Saucepan
Cling film
Tin foil
Nitrile gloves

Instructions

Wash your spatula, reagent bottle and lid in warm soapy water and rinse well. Once they are completely dry, rinse them with 70% isopropyl alcohol and let them air dry.

Place the reagent bottle onto the scale. Turn it on and make sure it reads 0.00g.

Use the spatula to measure out 0.8g Ee or 8.0g TC into the bottle. Be very careful not to touch the powder, spill it or disturb it too much.

Use the 1ml syringe and a 21G needle to measure out 0.4ml benzyl alcohol and add it to the bottle.

Use a 10ml syringe and a 21G needle to measure out 4ml of benzyl benzoate and add it to the bottle.

Carefully add the carrier oil to the bottle until it reaches the 40ml mark.

Throw the used syringes and needles away using the sharps bin.

Add about 2 inches of boiling water to the saucepan and put it on the hob over low heat.

Put the lid into the reagent bottle and place it in the hot water for a few minutes.

Once the beaker is hot, carefully remove it from the pan.

Loosen the lid slightly for a few seconds to let the hot air escape. Tighten the lid again and shake well.

Keep heating and shaking the bottle until the powder is completely dissolved in the mixture.

When you're ready to fill your vials, put on a pair of nitrile gloves.

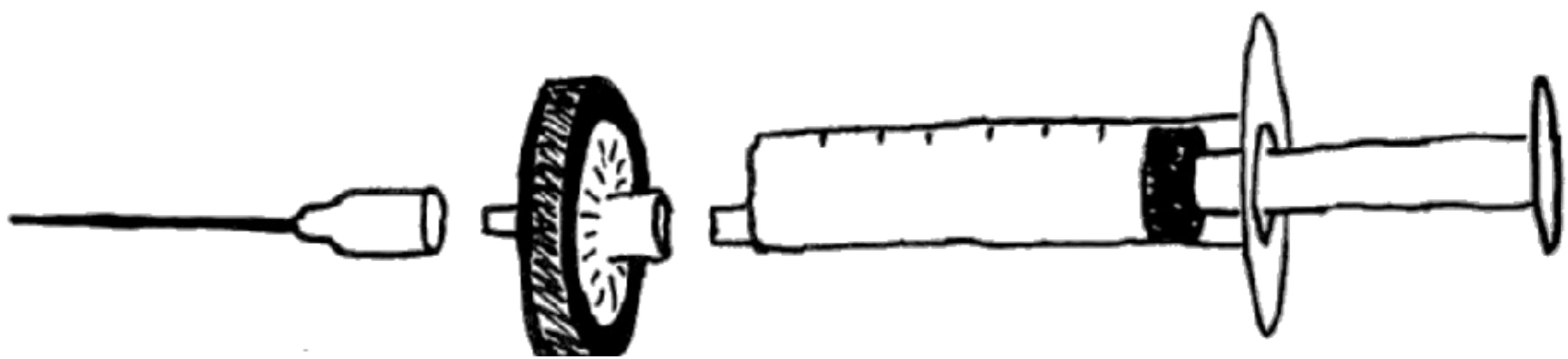
Remove the cap from the reagent bottle again.

Draw up 10ml of the mixture into a new 10ml syringe.

Unwrap a syringe filter and put it onto the end of the syringe.

Unwrap a new 21G needle and attach it to the syringe filter.

Insert the needle into the top of a vial.



Unwrap another 21G needle and insert it into the vial next to your syringe with the filter on it. This will allow air to escape as you fill the vial.

Gently push down on the syringe plunger. You must do this painfully slowly to prevent the syringe filter from bursting and forcing you to start all over again.

Keep up the gentle pressure until your vial is completely filled.

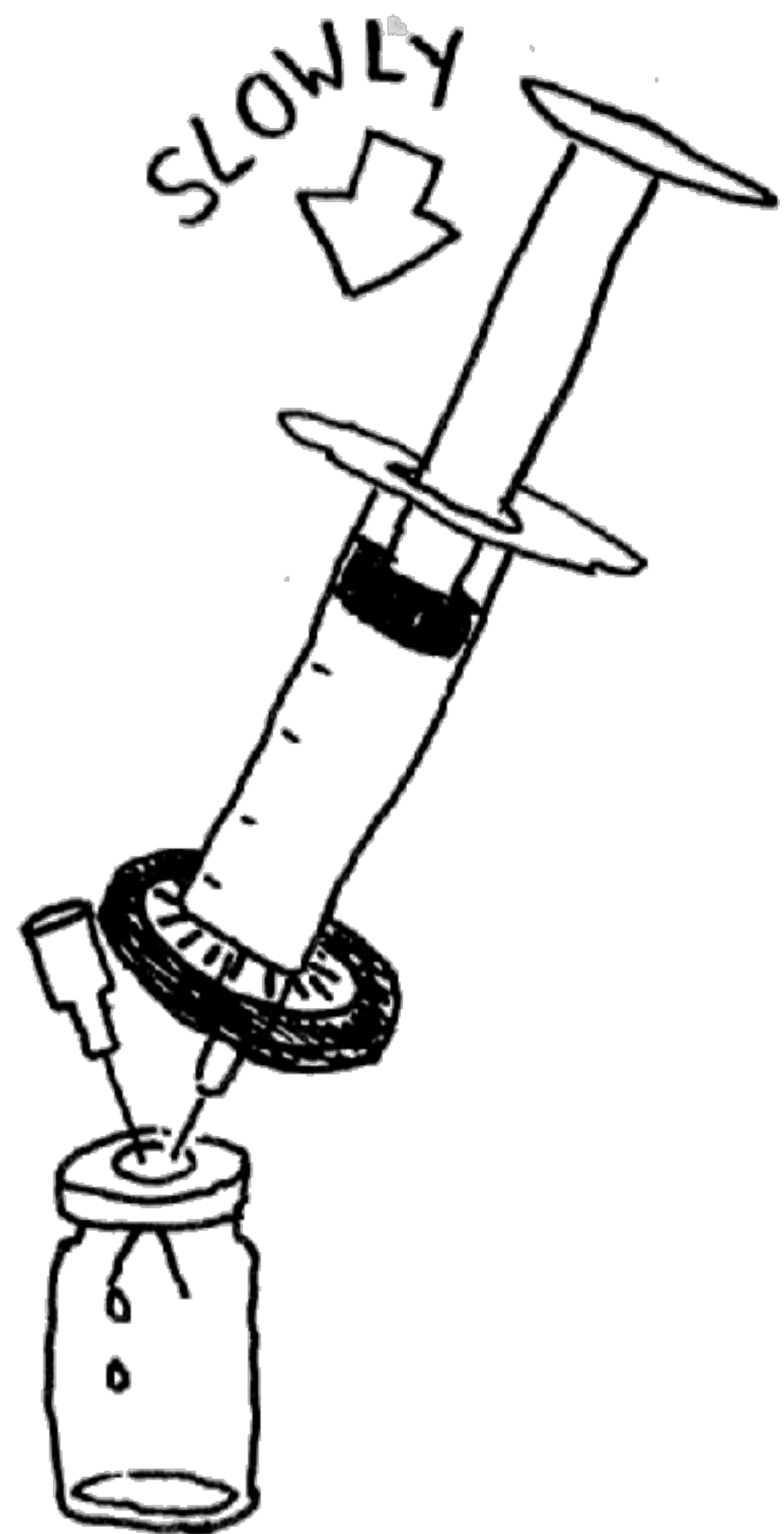
Remove both the needles and put the oily one in the sharps bin.

Repeat this process with the remaining vials. If you get any oil on your skin clean it straight away with soapy water.

I recommend using a new 10ml syringe, needle and syringe filter for each vial. If you don't have enough and need to reuse them, make sure you remove the needle and syringe filter when drawing up medication into the syringe.

If your syringe filter bursts, you must refilter the medication into a new vial using a new needle and syringe filter (my guide includes spares of each).

Place your finished vials in your InstantPot and set it to high pressure for 30 minutes.



Safety

Self-medicating with homebrewed HRT is not as safe as getting a prescription from a doctor. The best ways to reduce the risks are to seek support, inject safely and get regular blood tests. Never reuse or share needles. See a doctor if you think you have an infection at the injection site which is getting worse or making you feel unwell.

Injecting

To keep this medication sterile, use a new needle for each injection. Do not touch the needle or let it touch any surface before you use it. Clean the vial stopper with an alcohol pre-injection wipe. Aim your needle straight down into the circle in the middle of the stopper. Do not use an 18G needle draw up, as repeatedly piercing the vial stopper with a thick needle will damage it over time. If the vial starts to leak, discard it immediately.

How to choose a needle for injecting:

	Gauge	Length
Drawing up	21-23G	Any
Intramuscular	23-25G	25-40mm (1-1.5 inch)
Subcutaneous	27-30G	13-16mm (0.5-5/8 inch)

Detachable Total Dose needles are recommended.