

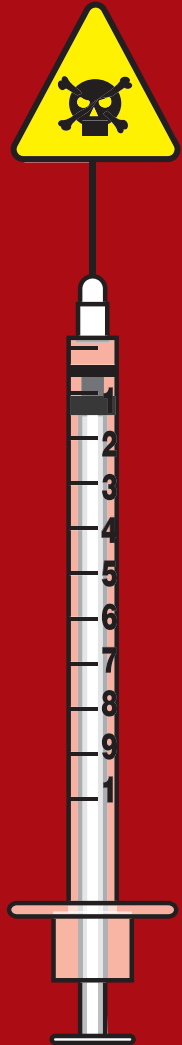
BETTER

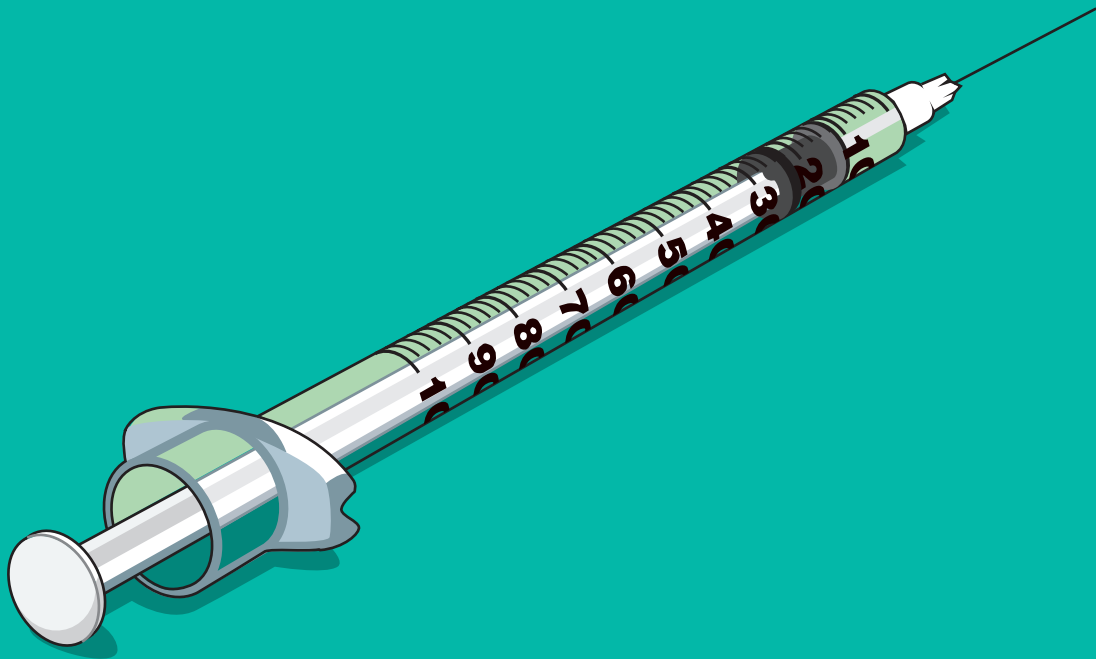


INJECTING



safer practice for injecting drug users





Lifeline Publications

text, design and illustrations by Richard Kemplay
consultants: Peter McDermott, Kate Dunkerly
© Lifeline Publications 2002

1... 2... 3...

BETTER INJECTING

step-by-step  visual guide

1

Prepare



Wash your hands and the place you are going to inject. If you don't have soap and water then a swab is better than nothing at all



**NO SHARE
CLEAN AREA**



Find a clean area just for you



2 Works

A new sterile syringe



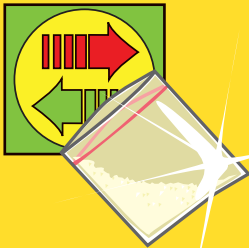
A clean spoon or cooker which only you have used



Sterile or boiled water



Citric acid or vitamin C powder



A new, clean filter



Good



Don't share ANYTHING you use to inject with

Bad



Sharing ANYTHING you use to inject can spread disease

3 Drug



Add the drug



If you are using a new batch, or haven't used for a while, **SMOKE** a little of the drug before you inject

Good



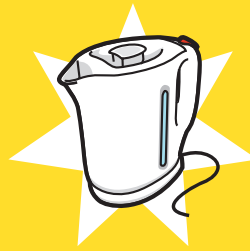
Grind down any lumps in the powder

Bad



Injecting tablets can cause severe damage

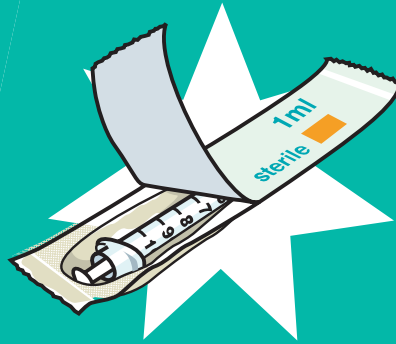
4 Water



Use boiled or sterile water



Good



Use separate containers and a new sterile syringe

Bad



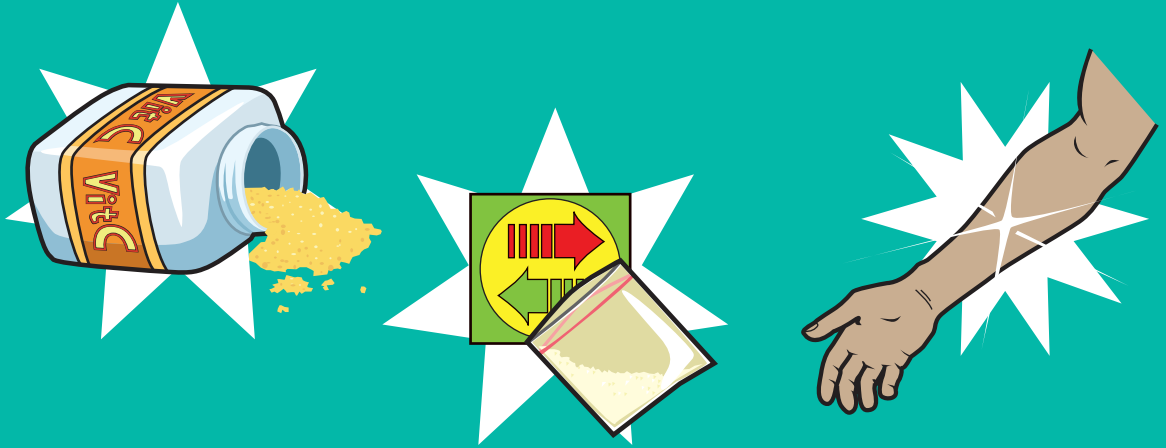
Sharing or backloading water can spread infection

5 Citric



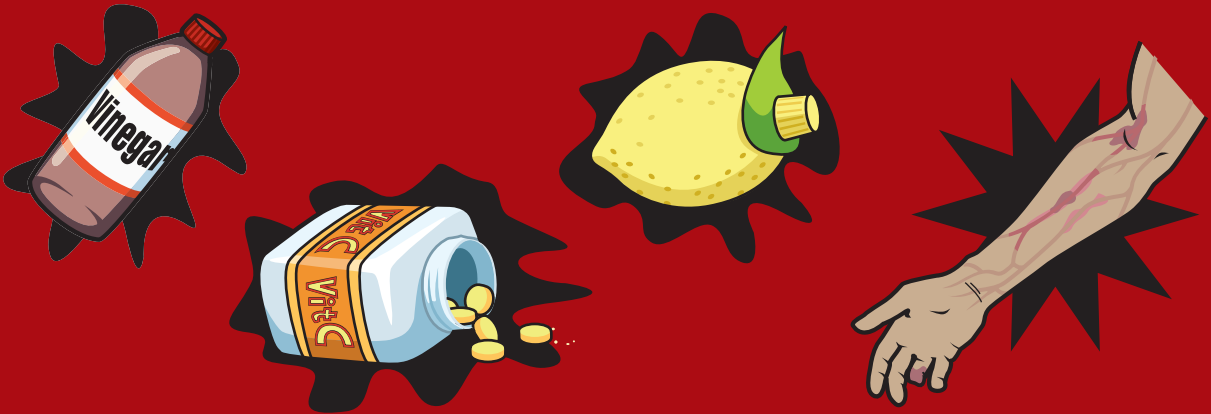
Add just a little citric

Good



Only ever use citric or vitamin C powder

Bad



Vinegar, lemon juice and vitamin C pills can cause infections which could scar and even blind you

6

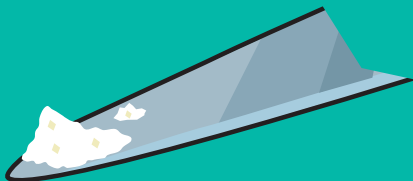
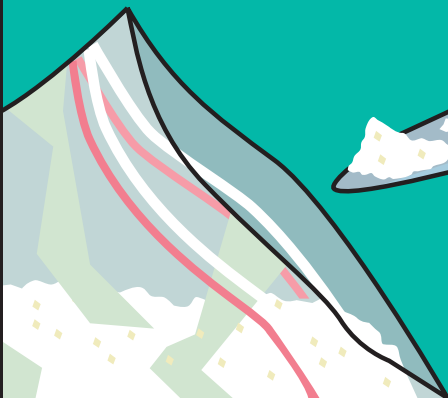
Cook



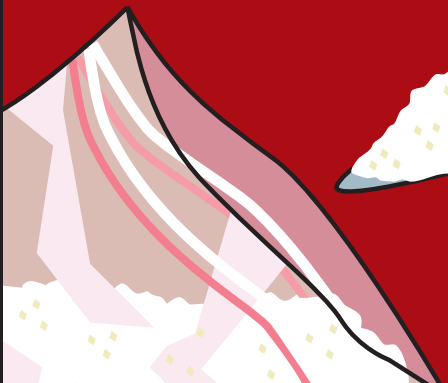
**Stir and heat until the drug dissolves.
Brown heroin dissolves easily – any stubborn
particles are probably just worthless grit.**

Good

Use as little citric as possible



Too much citric will damage your veins



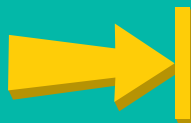
Bad

7

Draw Up



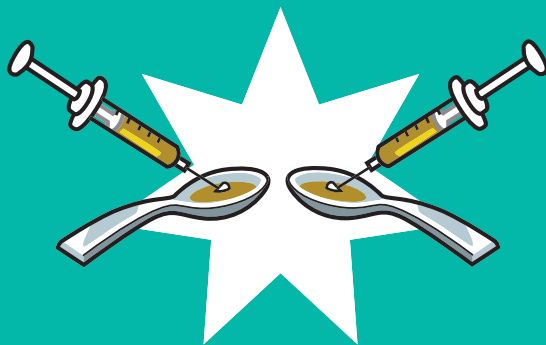
**Always use
a new filter**



**Replace the top and let the
drug cool before injecting**



Good



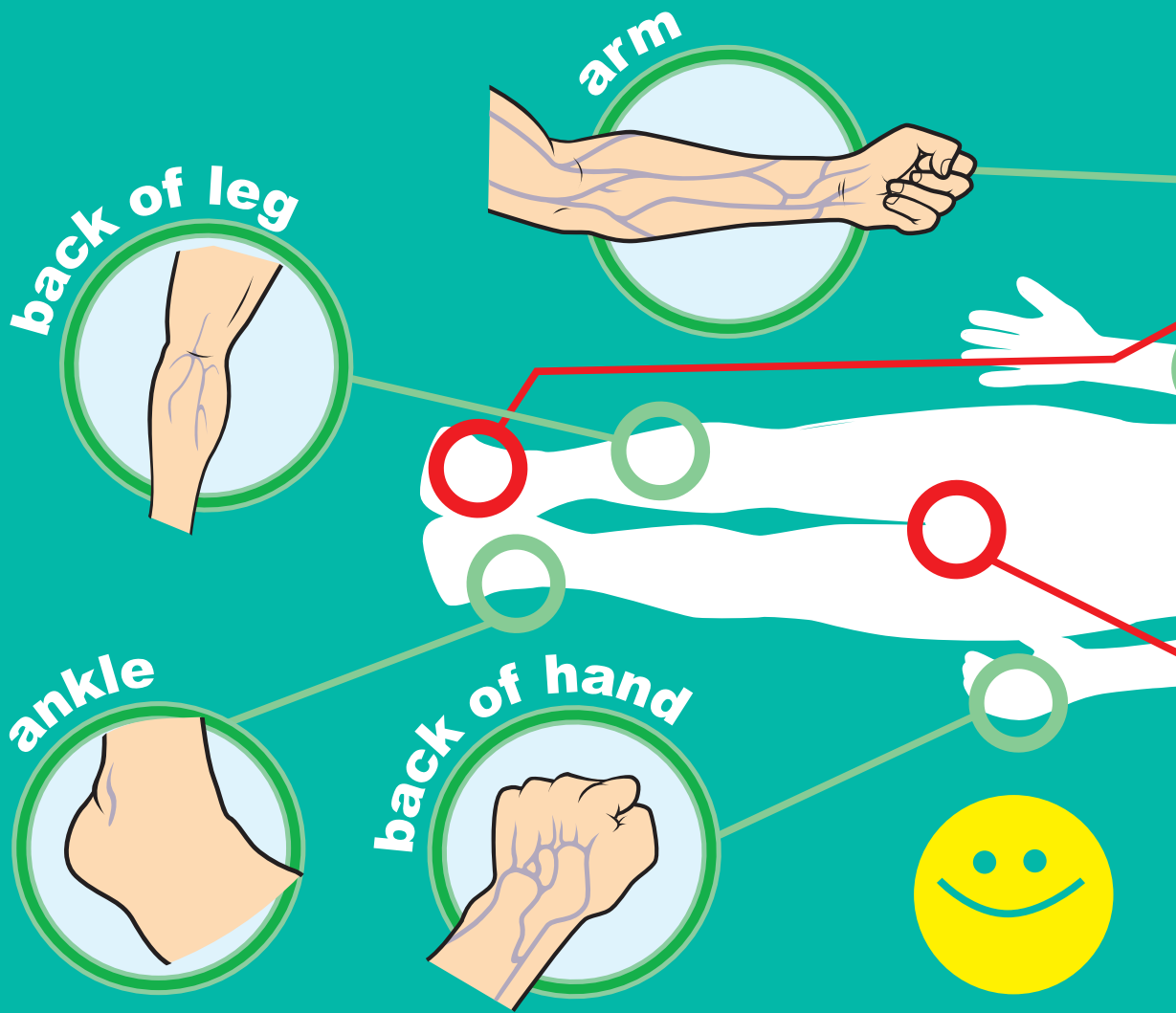
Always use separate spoons or cookers

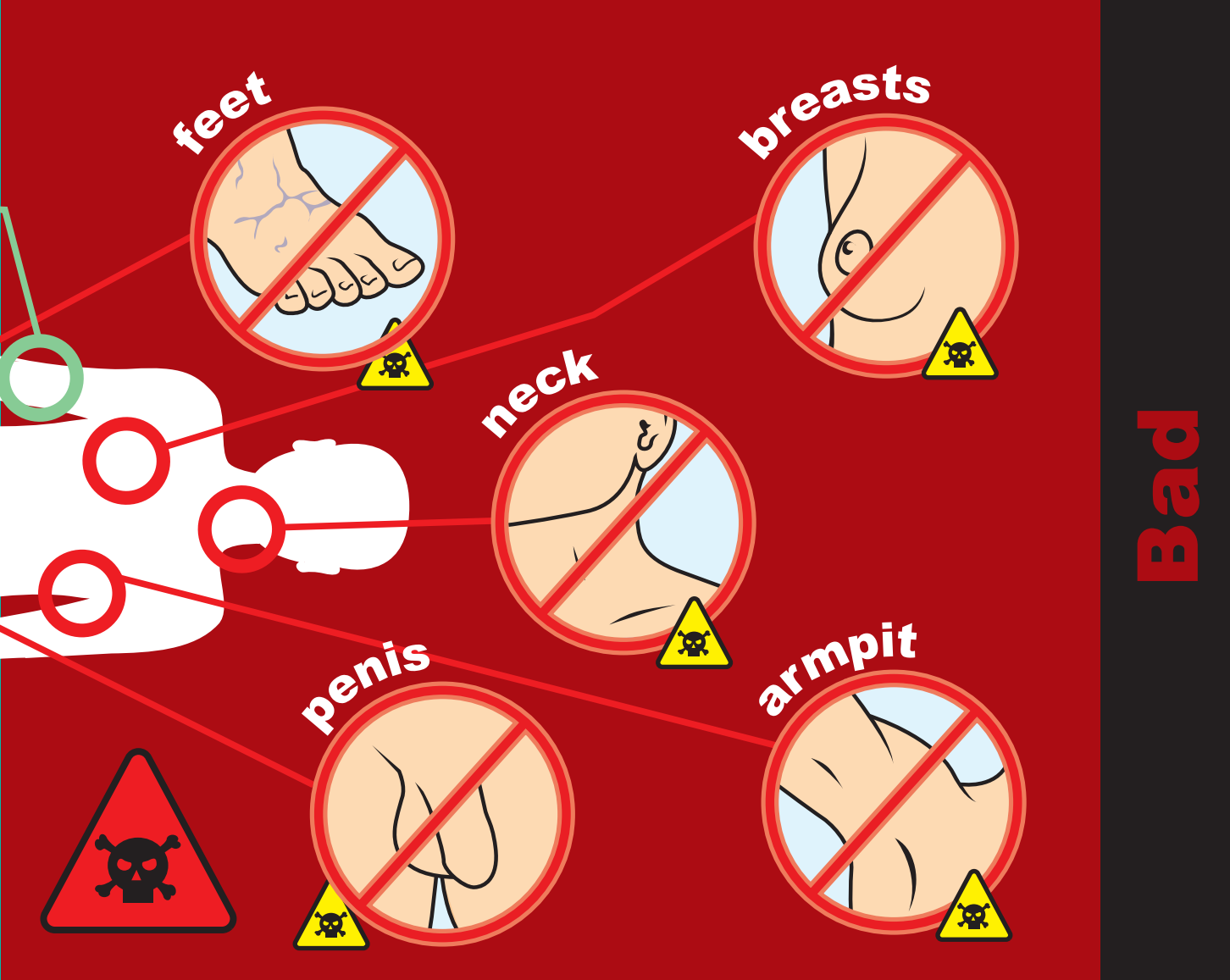
Bad



Sharing spoons and backloading spreads infection

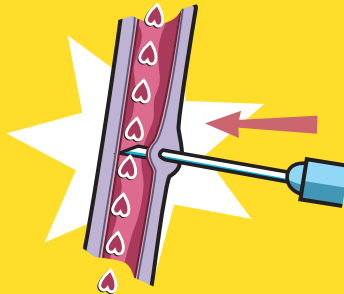
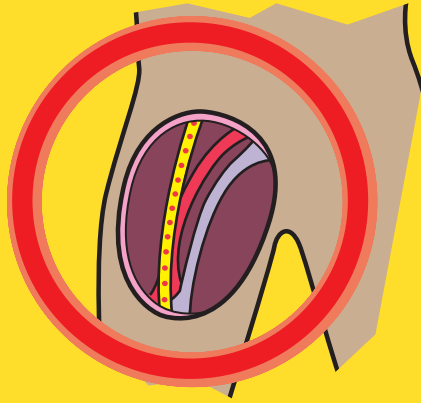
Good







Groin

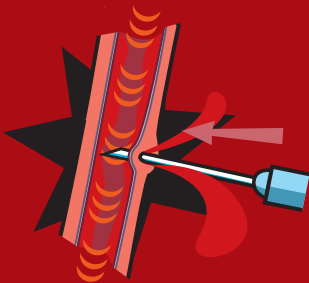


Vein



Some people start to inject in the groin when they run out of other places to inject. Injecting in the groin is **EXTREMELY RISKY** because the vein is very close to a big artery and a big nerve. Get advice from your needle exchange before you go in the groin

Bad



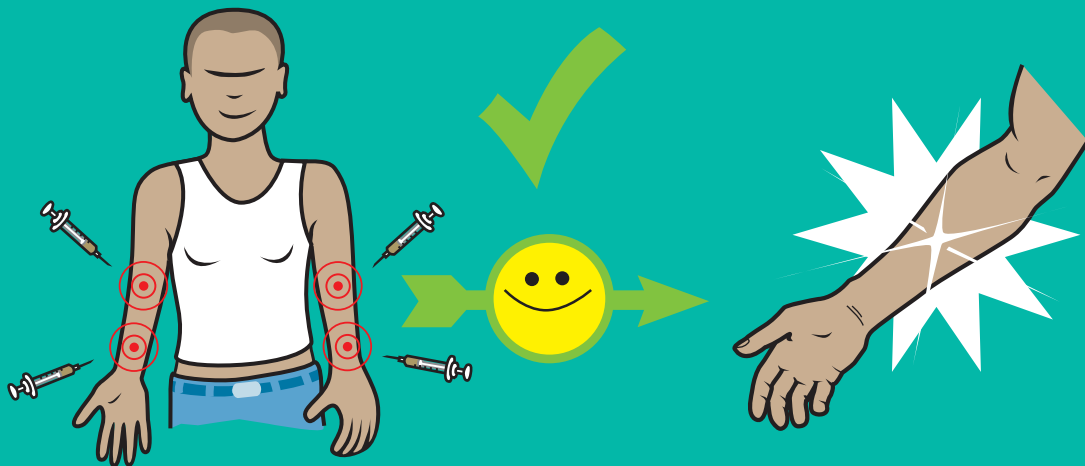
Artery



Nerve

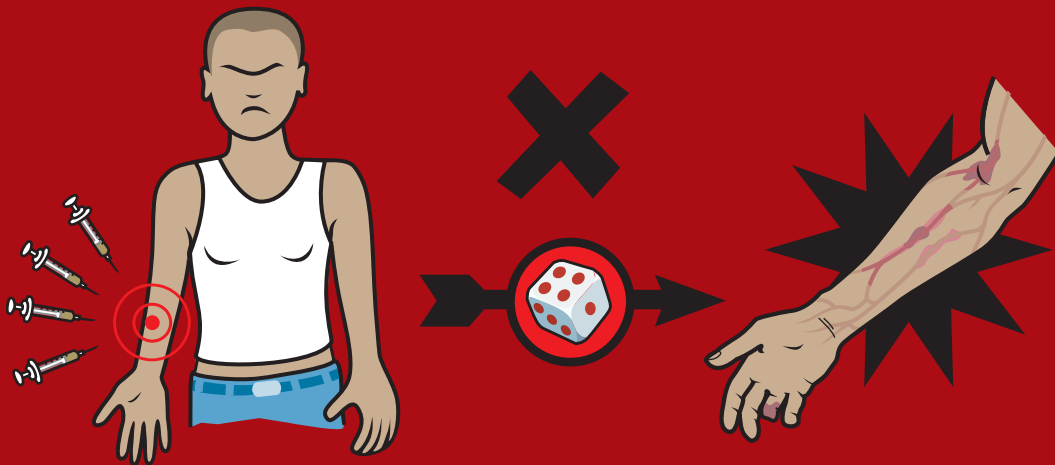


Good



Changing sites gives your veins a chance to heal

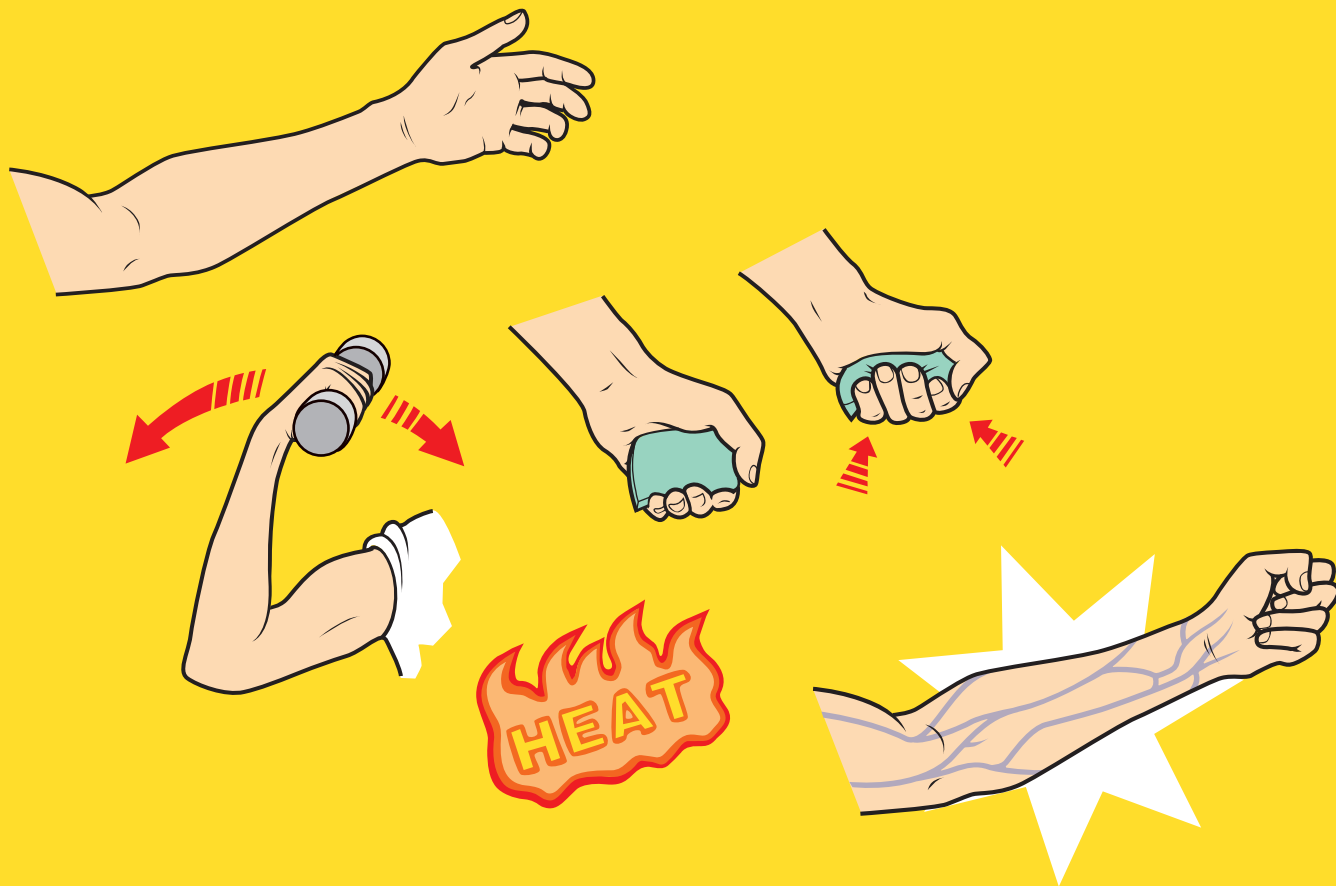
Bad

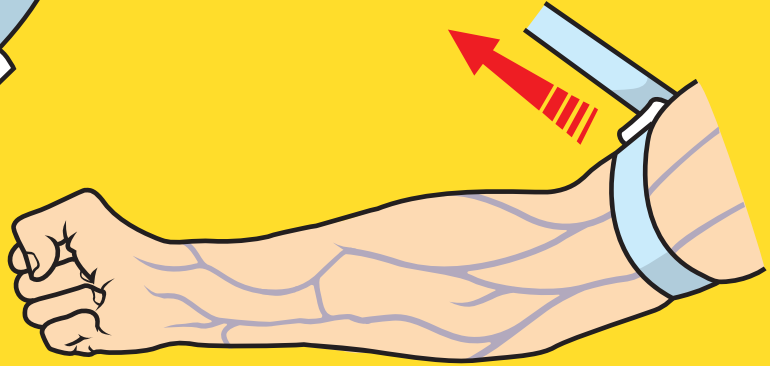


Hitting the same spot over and over again damages the vein

8

Find a vein



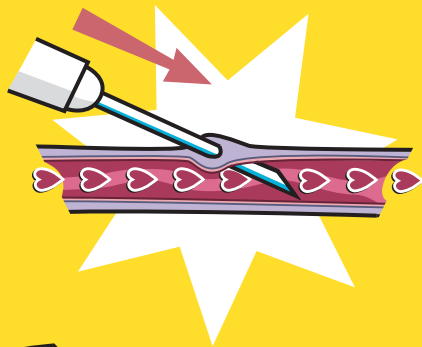
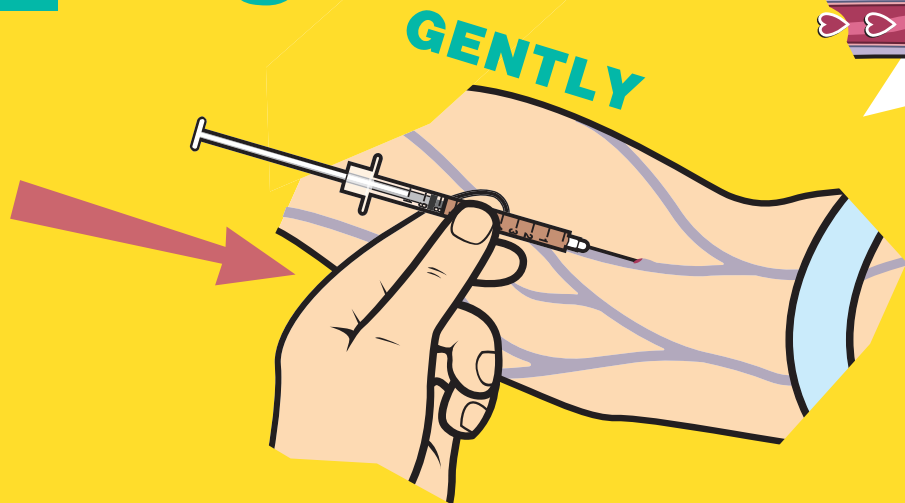


Bad

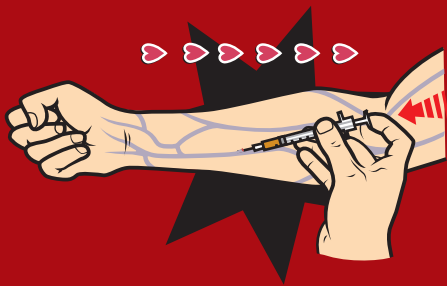
Don't fall asleep with the tourniquet on — you may lose your hand

9

Dig

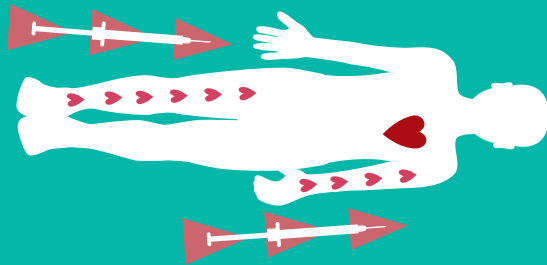


Bad



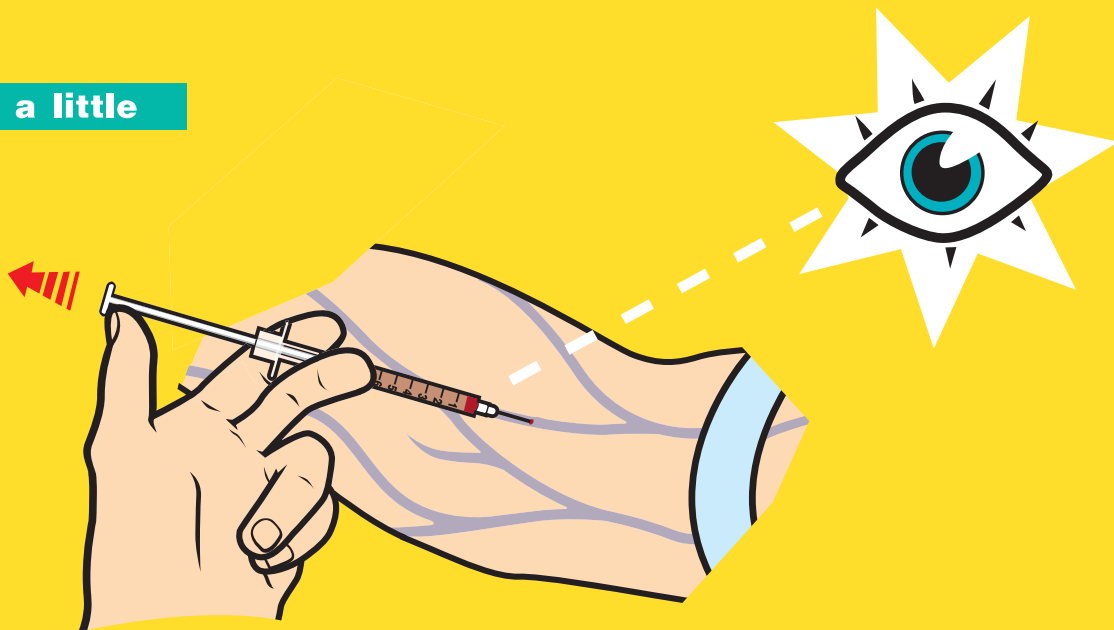
Don't inject against the blood flow

Good

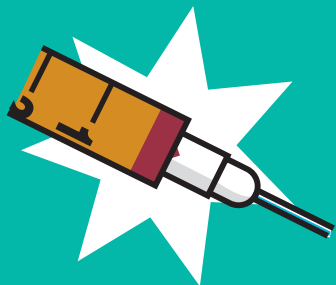


Always inject towards the heart

Draw back a little



Good



Dark red blood = vein

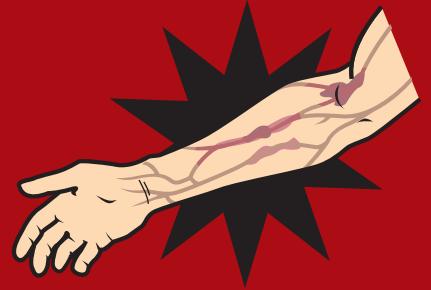
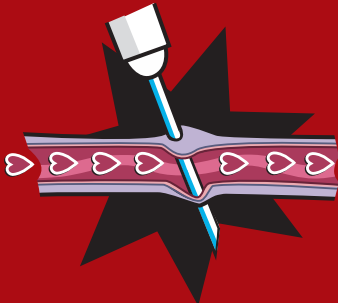
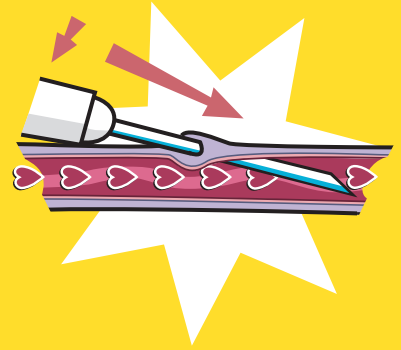
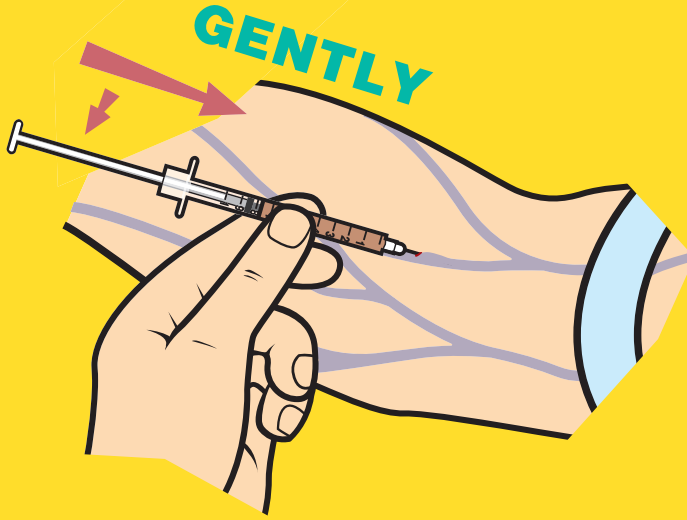
Bad

don't inject!



Bright red blood = artery

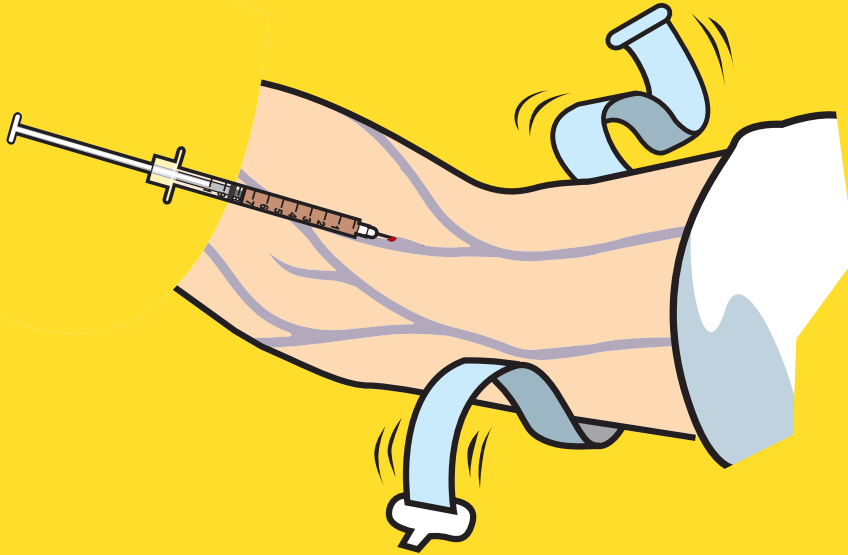
Place Needle



Be careful not to push the needle through the vein

Bad

Release Tourniquet

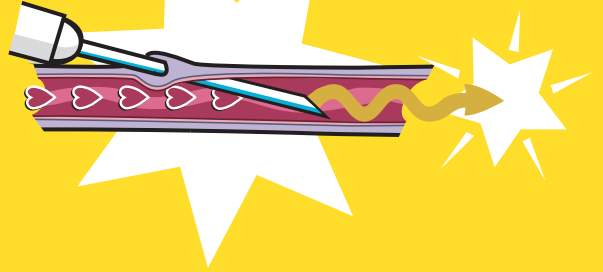


Never inject with the tourniquet on

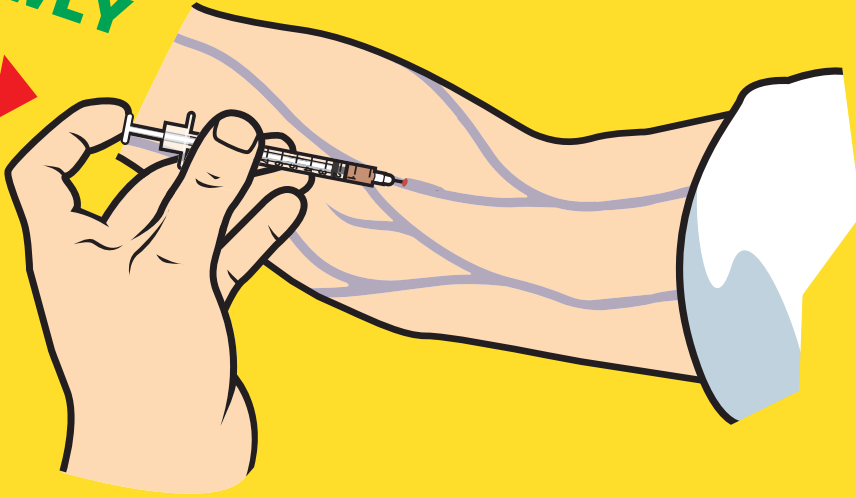
Bad

10

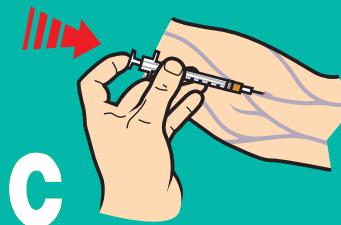
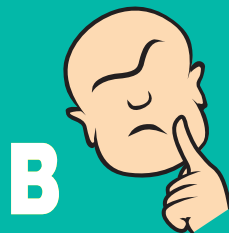
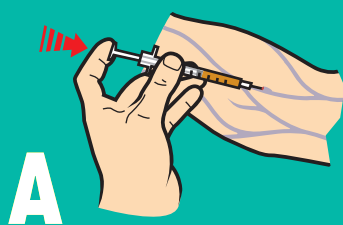
Inject



SLOWLY



Good



'Taste' a little of the hit before emptying the barrel

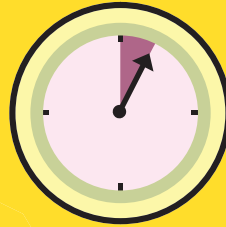
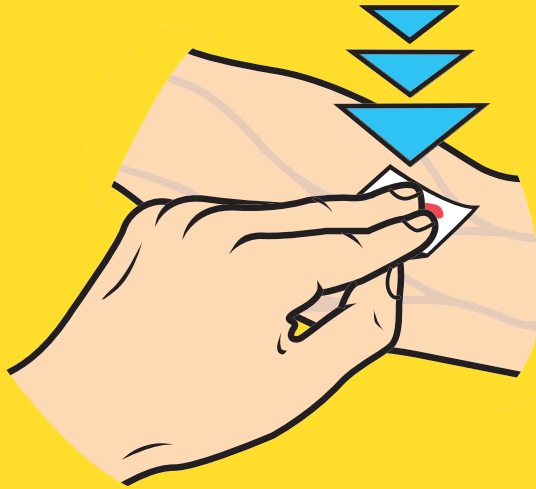
Bad



'Flushing' damages veins

11

Clean-Up

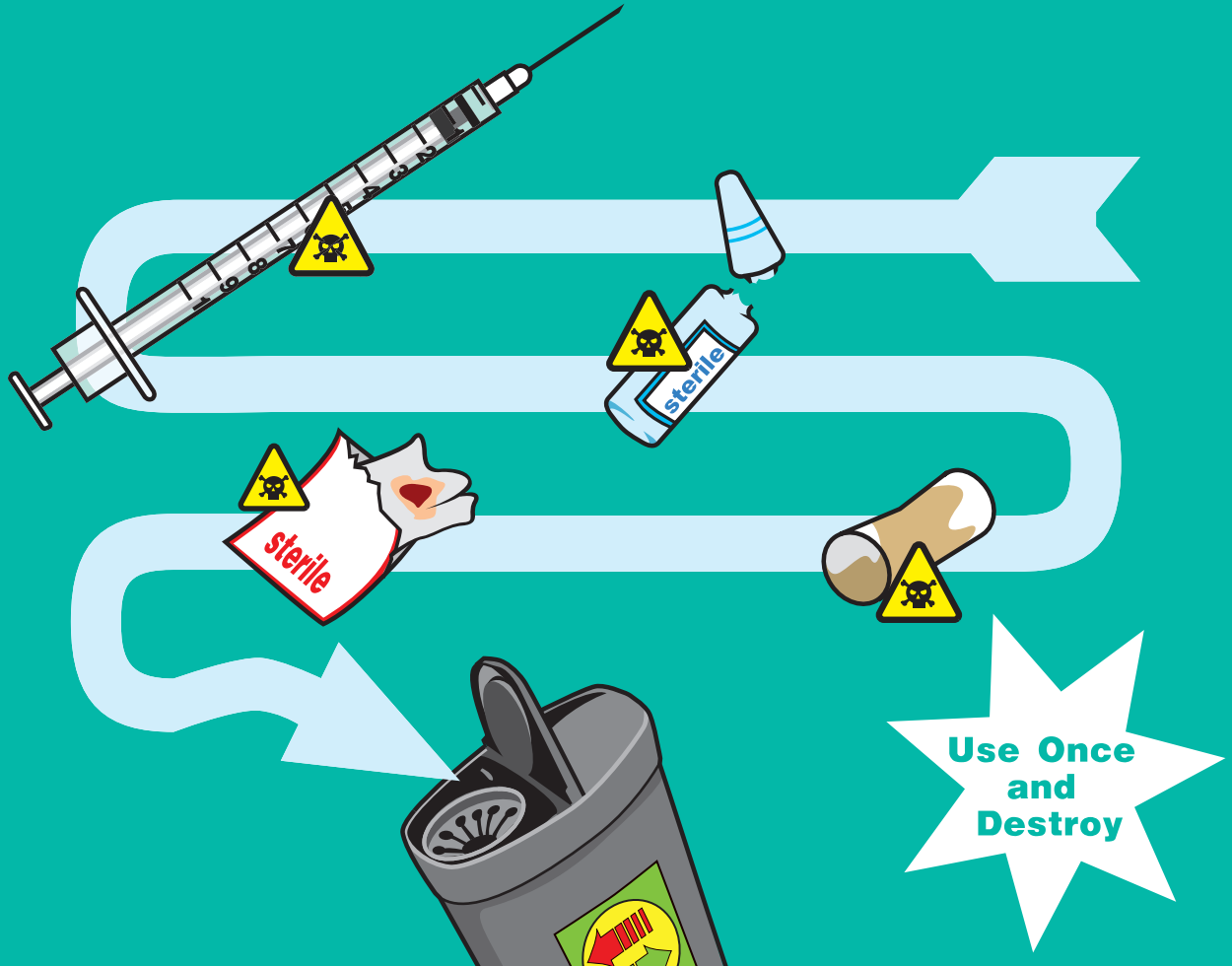


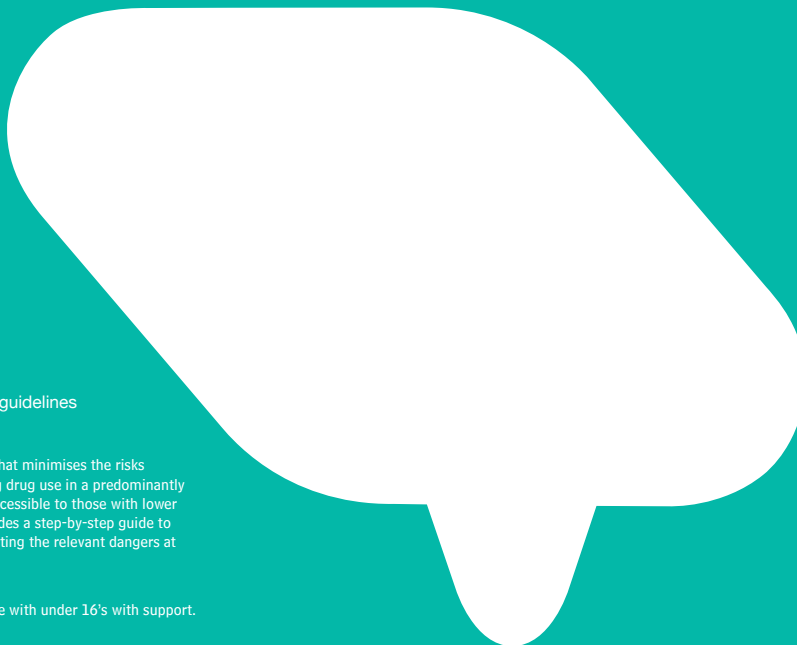
Apply pressure with
a **CLEAN** paper towel
for 5 minutes

Wash your hands!



Dispose Safely





[] lifeline | publication guidelines

[>] **aims**
To provide information that minimises the risks associated with injecting drug use in a predominantly graphic format that is accessible to those with lower levels of literacy. It includes a step-by-step guide to injecting heroin highlighting the relevant dangers at each stage.

[>] **audience**
Injecting drug users. Use with under 16's with support.

[∇] **content**
No swearing. Illustrations of drug use.

[£] **funding**
Self-financed

[39-41 Thomas Street | Manchester M4 1NA | lifeline is a registered charity no: 515691
+44 (0) 161 839 2075 | www.lifelinepublications.org.uk | publications@lifeline.org.uk] [] **lifeline**
publications

