

## SAFER INJECTING ADVICE

Smoking is the quickest way to ingest a drug, however, only 80% of the drug would be inhaled, not allowing its full effect. Injecting would be the quickest way to allow the full effects of a drug to take place as none of the drug is lost during the transfer from syringe to vein.

### YOUR LOCAL NEEDLE EXCHANGE

Needle exchange facilities offer a range of sterile injecting equipment, including different size needles, syringes, citric acid and vitamin C. The service is free and confidential and although we encourage users to bring back used equipment it is not a requirement.

## COLLAPSED VEINS WILL NEVER RECOVER!

Go slow  
Be gentle  
Rotate sites

Use clean works every time

## LOOK AFTER YOUR VEINS



# GDAS

GWENT DRUG AND  
ALCOHOL SERVICE

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## TOURNIQUETS ARE NOT NEEDED FOR VEINS YOU CAN EASILY FIND.

Before you inject try having a hot bath or do a quick bit of exercise such as a few press ups or swinging your arm to increase the blood flow and therefore the size of the vein.

If you have to use a tourniquet try using one you can release without using your hands.

Release as soon as you get a vein, if you try and inject when the tourniquet is still tight this could cause a miss.



**THIS LEAFLET IS INTENDED FOR INJECTING DRUG USERS ONLY! IF YOU DO NOT INJECT THEN DO NOT START AND PLEASE DISCARD THIS LEAFLET!**

### DO

Rotate Sites

Clean injecting sites

Use the smallest needle

Use a small amount of acid

Use clean works

### REASON

Give veins a break, allow them to heal.

To avoid infection (before and after preferably).

30g is probably the best and can be found on most 1 ml syringes.

To avoid vein damage (average £10 bag = 20 mg citric or around 60 mg vitamin C)

To prevent the spread of BBVs (always use your local needle exchange)

### DON'T

Go into red or inflamed areas

Share works (including; syringes, barrels, filters, spoons, water etc)

Flush works

Inject too fast

Let go of the needle once in your arm

### REASON

To avoid further infection, repeatedly going into these areas will cause abscesses.

A microscopic amount of blood is all that is needed to contract a BBV, this is present on all of your works

This will not increase the amount of drug used only cause further vein damage.

Go slow and steady to avoid damaging the vein.

Movement will cause damage to the vein.

**PEOPLE WHO INJECT HEROIN ARE 14 TIMES MORE LIKELY TO DIE FROM OVERDOSE THAN THOSE WHO SMOKE**

