

# INTRAVENOUS INJECTING

## GUIDANCE FOR SAFER USE

opening times will vary, please check with local provider

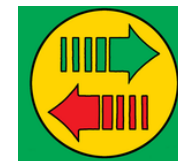
The Specialist Harm Reduction Teams can offer further advice on safer drug use, BBVs and a range of other services.

To make an appointment please call **01382 204248** or **07814295487**

You can also get equipment in local addiction services



SCAN HERE TO ORDER INJECTING EQUIPMENT BY POST



### Dundee

#### BOOTS

94 Albert Street, Dundee  
79 MacAlpine Road, Dundee  
71 Lothian Crescent, Dundee

#### RICHARDSON PHARMACY

181 Blackness Road Dundee

#### DAVIDSONS PHARMACY

55 High Street, Lochee

#### HILLCREST FUTURES

4 South Ward Road, Dundee

### Perth & Kinross

#### DAVIDSONS PHARMACY

21/23 Wellmeadow, Blairgowrie  
12 Main Street, Bridgend

#### TORLUM PHARMACY

22 High Street, Crieff

#### DICKIES PHARMACY

10-16 York Place, Perth

#### ROWLANDS PHARMACY

61 High Street, Kinross

#### HILLCREST FUTURES

Drumhar Health Centre,  
North Methven Street, Perth

### Angus

#### BOOTS

103 High Street, Kirriemuir

#### WELL PHARMACY

112 High Street, Arbroath  
9 Fishacre, Arbroath

#### DAVIDSONS PHARMACY

98 East High Street, Forfar  
41 High Street, Brechin  
48 High Street, Montrose

#### HILLCREST FUTURES

Outreach service  
call: 01307460101

## Safer Injecting Advice

Always use clean/new equipment

Never share ANY equipment, including water

Work from a clean surface to prepare your hit

Make sure you are using the right needle in the right place

Always carry Naloxone

**ALWAYS INJECT TOWARDS THE HEART**

## Steps to Safer Injecting

Wash hands and injection site

Prepare Drug

If using 'acidifier', use as little as possible

Use the needle cap to stir, not the needle

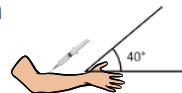
Place capped syringe on clean surface

Find a suitable vein

Uncap the syringe- don't touch the needle

Slowly insert the needle into the vein

- Eye of needle pointing up
- Insert needle at a 40° angle



Pull the plunger back, check for blood

Release tourniquet (if used) and inject slowly

Remove needle slowly and apply pressure with a dry swab

Dispose of the equipment in a sharps bin

Try to use a different injecting site next time

# Safer Injecting Guide

## ARMS

Lowest risk and best choice for injecting. Using the upper arm is better as it's closer to the heart.

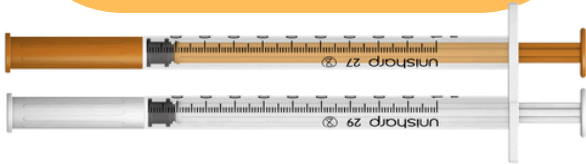
Needle  
1ml, 0.5ml, Short Orange



## HANDS

Slightly lower risk than legs. Veins can be difficult to access as they can move around. Use the thinnest needle you can get

Needle  
1ml, 0.5ml, White, Short Orange



## LEGS

Legs are a long way from your heart and so the circulation can be poor. Injecting here can cause you to be more likely to develop a blood clot or DVT.

Needle  
1ml, 0.5ml, Short Orange



## NECK

Best avoided if possible. Very high risk, there is a danger of hitting an artery as they are very close to veins. You may require help to access this site.

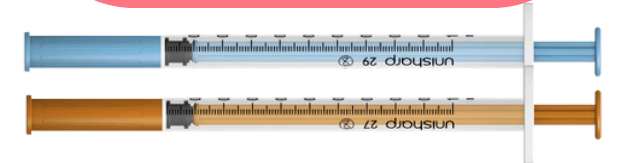
Needle  
1ml, 0.5ml Short Orange



## GROIN

High Risk, the vein, artery and a large nerve, are very close together. If you feel a pulse, don't inject here. DVTs are more likely if you inject in the groin. Hitting the nerve causes pain and potentially paralysis'

Needle  
Long Orange, Blue, Green



## FEET

Medium Risk, as the veins are very small and can take time to heal, leading to increased risk of infection and amputation.

Needle  
1ml, 0.5ml, White, Short Orange

