

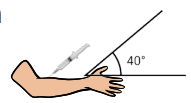
# Safer Injecting Advice

- 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



## 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
- 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

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

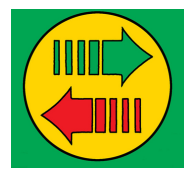


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# INTRAVENOUS INJECTING

## GUIDANCE FOR SAFER USE



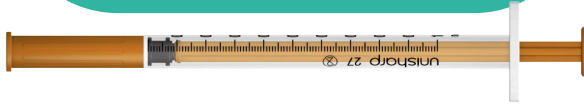
# Safer Injecting Guide

## 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

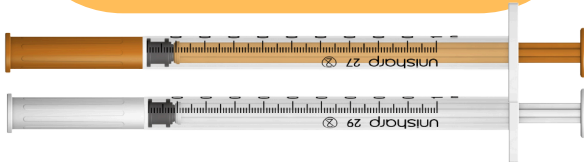


## HANDS

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

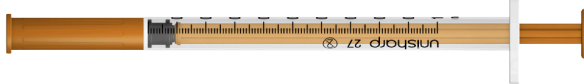


## LEGS

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

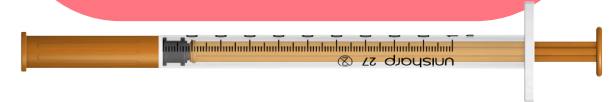


## NECK

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

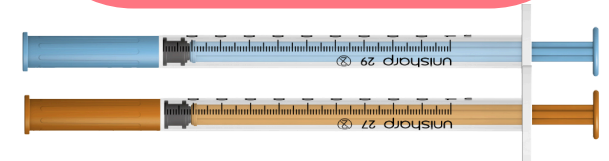


## GROIN

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

