

UYB



A quick and safer alternative to injecting

Why do it?

Injecting drugs can seriously damage your veins and there is a high risk of overdose. UYB (or Up Yer Bum) is a safer alternative to injecting but still carries a greater overdose risk than smoking, swallowing or snorting so do take care.

The bottom third of the rectum is supplied by a set of blood vessels that lead directly to the heart. UYB provides the best rush without injecting into veins.

What do I need?

Your usual injecting equipment (without the needle!) plus some lube.

Use a small syringe/barrel to avoid damaging inside your bum and always use your own sterile equipment. Don't use more than 1.5mls of water to avoid flooding your bum.

How do I do it?

Once you have prepared your drugs, put some lube on your anus to help the barrel slip in. Sit, squat or stand – whichever position makes it easier for you.

Make a farting motion to open your anus and insert 1cm of the barrel, then gently squirt the liquid in.

Withdraw the barrel and dispose of it, preferably in a sharps bin. Then wash your hands to avoid contamination.

The muscles in your anus act as a double seal to prevent the liquid from leaking out and the drugs will be absorbed in under 30 seconds.

Are there any risks?

If you share barrels and there is a tear or cut in your anus there may be a risk of spreading blood borne viruses, such as Hepatitis C and HIV. Even if there are no cuts you can still spread infections and viruses such as Hepatitis A.

You should always use clean equipment and **DO NOT SHARE.**

The risk of overdose is still present so avoid mixing drugs. The rush will be similar to injecting but will come on faster and harder than smoking, snorting or swallowing.

Regularly squirting cocaine or crack up your bum can limit the flow of blood to the rectum and cause damage to the inside of your bum.

Contact Tayside Harm Reduction Services on: 01382 200532

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Hillcrest
Futures

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