

# Steps to Safer Injecting

Wash hands and injection site

Prepare the drug- draw up solution with one needle and then use a new needle to inject

Ensure air has been taken out of the syringe prior to injection

## Intramuscular Injection

Ensure skin is stretched

Hold the syringe like a dart and push 3/4 of the needle into the muscle at a 90° angle

Draw back the plunger a little to ensure no blood is present, if there is blood, remove the needle and inject into another site with a new needle

Inject solution slowly into the muscle while the skin is still stretched

Remove the needle quickly and apply pressure with a dry swab

Dispose of all equipment in a sharps bin

Ensure injection sites are rotated

## Subcutaneous Injection

Ensure skin is pinched together

Hold the syringe like a dart and push 3/4 of the needle into the subcutaneous tissue at a 90° angle

Not required to Draw back the plunger

Inject solution slowly into the pinched subcutaneous skin

## 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

56 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  
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# PERFORMANCE AND IMAGE ENHANCING DRUGS

## GUIDANCE FOR SAFER USE



## Performance & Image Enhancing Drugs

### ANABOLIC STEROIDS

Stimulates growth in muscle tissue, increases levels of testosterone

### HCG (POST CYCLE THERAPY)

Used to enhance the production of testosterone, which is often suppressed by anabolic steroids.

### GROWTH HORMONE

To increase strength and recovery. Most commonly stacked with insulin.

### MELANOTAN

Induce skin pigmentation, creating a tanned effect.

## Look after your Health

- Beware of counterfeit substances
- Injecting can lead to abscesses, infections and muscle damage
- Some substances are not licensed to be used in the UK

## Safer injecting advice

- Always use new equipment
- Never inject more than 2ml into a muscle
- Never share equipment
- Prepare your substance on a clean surface
- Always use the correct needle
- Oil based steroids should be warmed
- Ensure your muscles are relaxed prior to injecting

### Subcutaneous Tissue

An Injection into the **lower abdomen, upper outer thigh or upper outer arm** (under the skin)

#### Needle

1ml, fixed (27G x 1/2")

#### Substance

growth hormone, melanotan or HCG



### Deltoid

Intramuscular injection into the **upper arm muscle**. The smaller the muscle, the more pain and damage an injection will cause. A smaller steroid dose should be used.

#### Needle

short blue, (23G x 1")

#### Substance

anabolic steroid



### Vastus Lateralis

Intramuscular injection into the **upper third of the outer thigh** muscle

#### Needle

long blue, (23G x 1 1/4")

#### Substance

anabolic steroid



### Gluteus Maximus

Intramuscular injection into the **upper quadrant of the buttock**. Best site for injecting steroids, as less likely to hit the sciatic nerve, which can cause severe pain & damage.

#### Needle

long blue, (23G x 1 1/4")

#### Substance

anabolic steroid