

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	Subcutaneous Injection
Ensure skin is stretched	Ensure skin is pinched together
Hold the syringe like a dart and push 3/4 of the needle into the muscle at a 90°angle	Hold the syringe like a dart and push 3/4 of the needle into the subcutaneous tissue 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	Not required to Draw back the plunger
Inject solution slowly into the muscle while the skin is still stretched	Inject solution slowly into the pinched subcutaneous skin
Remove the needle quickly and a apply pressure with a dry swab	
Dispose of all equipment in a sharps bin	
Ensure injection sites are rotated	

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
check with local
provider

The Specialist
Harm Reduction
Teams can offer
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To make an
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please call
01382 204248
or **07814295487**

You can also get
equipment in
local addiction
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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

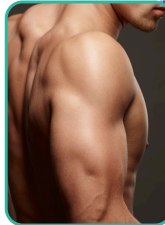
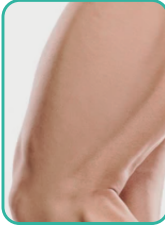
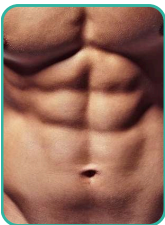
- Always use new equipment
- Never inject more than 2ml into a muscle
- Never share equipment
- Prepare your substance on a clean surface
- Always use the correct needle
- Oil based steroids should be warmed
- Ensure your muscles are relaxed prior to injecting

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

