

Anabolic Androgenic Steroids

safer injecting advice

Injecting is dangerous and is best avoided, however if you are going to inject steroids, the following advice will help reduce the risks.

WHEN INJECTING:

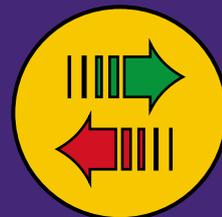
- 1 Remove any clothing around the injection site. Wash hands and injection site thoroughly with soap and water.
- 2 Draw up steroids with a clean needle and syringe and then change needle if you have used it to pierce the top of the vial.
- 3 Use your finger and thumb to stretch the skin on the injection site.
- 4 Hold syringe like a dart and quickly jab the needle in to the skin at a 90 degree angle. Insert the needle $\frac{3}{4}$ of the way in, so if it snaps it can be easily removed.
- 5 Release the skin.
- 6 Pull back the plunger slightly, and if there is no blood, slowly push in the plunger. If blood is drawn into the syringe, stop, remove the needle, press firmly on the injection site until the bleeding stops and find another site to inject. Dispose of the needle into a sharps disposal bin and use a clean, fresh needle for each attempted injection.
- 7 After injecting, remove the needle and place in a sharps disposal bin.
- 8 Press injection site with cotton wool for 10 seconds and massage gently to dispense the steroids.
- 9 Using stimulant based drugs i.e. cocaine or ecstasy at the same time as steroids can increase your risk of heart attack/heart damage.

NEEDLE ADVICE

- When purchasing your needles 1.25inch 23g (blue) needles are usually the best for injecting in the buttock and thigh or 1 inch 23g (blue) for injecting in the shoulder. 2ml syringes are usually used with the needle. 1.5 inch 21g (green) needles should be used to draw the liquid into the syringe.
- Remember to return your sharps bin to a needle exchange.
- We use the following suppliers for needles, please note other suppliers are available:

www.orionmedical.co.uk
www.exchangesupplies.org

- Dispose of any full sharps bins at a pharmacy with the following image displayed in the window.



If you are based in South Gloucestershire, then please call our free and confidential phone line on **0800 073 3011**

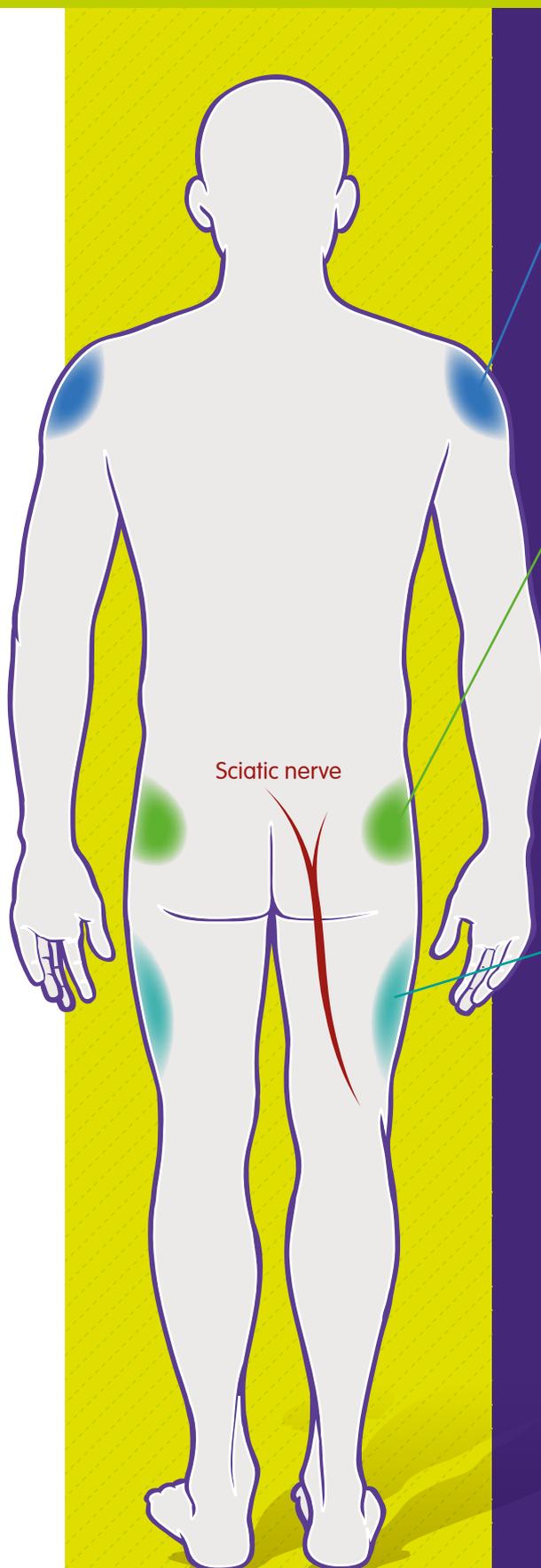
Injecting sites

The following sites are the safest areas of the body to inject (please remember that this is only for injecting steroids, not other drugs). The three sites are large muscles but you still have to be careful about avoiding blood vessels and nerves.

Other muscles should not be used for injecting into as they can carry a much higher risk.

In addition, don't forget to:

- Rotate sites.
- Check ampoules and vials for impurities.
- Never reuse injecting equipment - even one use can cause needles to become blunt and cause further damage to your skin.
- Never share any injecting equipment as blood born viruses like hepatitis can be spread quickly and easily this way.
- Research the steroids you intend to use and Post Course Therapy.
- Never inject more than 2mls of fluid into a muscle at any one time.
- Insert the needle far enough to avoid causing abscesses.



SHOULDER

This is a smaller muscle group so the risks are higher injecting here. Again, you should aim to inject in the outer area of the shoulder.

BUTTOCK

This is the safest of the three sites to inject. The safest place to inject is in the upper and outer section. This is because the sciatic nerve runs down the centre of the buttocks and if you hit this nerve, it will be really painful and can lead to paralysis.

THIGH

This area is the next safest area, make sure that you inject in the outer section of the thigh, at the middle point between the knee and the top of your leg.

If you have any health concerns, including infections around the injecting site please see your doctor and be honest about your steroid use and that you are injecting.