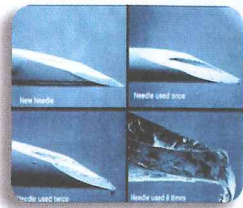


Living with the NEW Terumo 1.0ml fits

The general consensus is that the new 1ml Terumo fits, suck. For all sorts of reasons. At present, however, they are all that's available and whether we like it or not, we don't really have a choice but to use them. If we are going to use them- we need to help each other to use them safely.

Here are 9 tips - that are more reliable than the ones on the syringes - for using the new Terumos:



1
Re-using fits will blunt the needles. This can damage your veins.

We have received complaints that the new needles are blunt to begin with and get blunter with re-use. If you are having trouble getting a vein, transfer or backload the solution into a new, sterile fit before trying again.



2
'Blunt and bendy' is how the new fits are being described.

There are reports of the needle breaking off in a person's arm. If you are having trouble getting a vein and 'bending' the needle in different directions to find one, the needle will become weaker and is more likely to snap off with each try. Again, HRVic advises you to transfer your gear into a new fit before trying again.



3
Special warning for Ice Injectors.

There are reports that the ends of the plungers are having some sort of reaction when used to mix up/crush the ice. For this reason, we suggest that you "dry crush" the (dry) shards as finely as possible before you put the water with it and start to mix up.



4
The paper side of the packaging tears easily, especially when wet.

Keep this in mind if you are carrying fits around in your bag or on your person. (Eg. in your socks, jocks or pockets) Once it has been opened or becomes wet the needle/syringe inside is no longer sterile.



5
Most needle stick accidents/injuries happen when re-capping your fit.

There are many reports of the needle piercing the cap on the new fits. Best practice is always to put the un-capped, used fit straight into a disposal container. If you do find you need to re-cap, be extra careful not to prick yourself.



6
You would need to inject between 5-10ml of air for it to do you any harm.

If you are finding it hard to get rid of the last bit of air in the fit, remember it's not harmful to inject small air bubbles. In fact, you would need to inject between 5-10ml of air for it to do you any harm.



7
The end of the new plunger and barrel are slightly smaller than the old ones which can make things tricky.

The smaller sized 'shoulders' or 'wings' and plunger are especially fiddly if you have big fingers/hands. There's no real solution to this problem and it's simply a matter of getting used to using a different needle/syringe.



8
The plunger - although more flexible - has a stiffer action.

We suggest sliding the plunger up/down the barrel a few times before using. Others claim that the plunger easily "drops out" of the barrel which can result in losing some or in some cases ALL of your shot - be aware of this possibility. Putting less solution in the fit will reduce the chance of this happening (because you won't need to pull the plunger so far back).



9
If you plan on saving some for 'ron', you should take care!

For those who make up shots to have later on, we have had multiple reports of the solution leaking out of the end of the barrel. For this reason, HRVic strongly advises against making up shots in advance. Better safe than sorry.

Some people are already reporting that they have reluctantly made the transition and they are slowly getting used to using the new equipment.

**The good news is that the Dept. of Health and Human Services has and is listening to our concerns! Until we are offered another option, and the Dept. IS in the process of finding a more attractive and user-friendly alternative - which will be trialed with you, the consumers, before it replaces the current stock- we need to at least try to adapt to the new fits. Alternatively, we suggest trying to find the old 29g ultra fines (green packet) or using a 3mm barrel with a 27g 1/2" needle tip (the grey ones) - the barrel is bigger but the needle is the same size.



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