

COURSES/CYCLES

Ideally steroid users will use a course of steroids anywhere from 8-12 weeks and then take a break for the same amount of time in which they do their Post Cycle Therapy or PCT. This can be as important as your on cycle time and it is best to sort out the PCT appropriate for the steroids you are taking before you start your course. Improper or no PCT can result in hormone imbalances causing more aggressive side effects.

SIDE EFFECTS

Because PIEDs cover such a wide range of substances the side effects can be incredibly varied. Rather than try to vaguely list anything that you may experience from heart palpitations to cancer below is a general list of side effects associated with STEROIDS and we urge you to look carefully at the side effects for anything you may be taking and to seek the help of a doctor should any complications arise.

- Shrinking testicles
- Lowered sex drive
- Impotence
- Increased testosterone
- Excessive hair growth
- Acne, Bloating, Irritability, Stunted growth
- Irregular menstruation
- Depression
- Liver Damage
- Insomnia
- Increased breast tissue

EQUIPMENT

Injecting equipment commonly seen in PIED use.

Please note: cost will apply with no exchanges

*Most equipment will be swapped **FREE OF CHARGE** on exchange.*

ALL OF THE FOLLOWING ITEMS ARE AVAILABLE AT PEER BASED HARM REDUCTION WA

- 0.5ml insulin needles
 - 1ml insulin needles
 - 3ml barrel (syringe)
 - 5ml barrel (syringe)
- 0.25c each without exchanging used equipment

TO DRAW UP OUT OF VIAL

- 18g BLUNT tip
 - 19g needle tip
 - 21g needle tip
- 0.10c each without exchanging used equipment

MOST POPULAR INJECTING NEEDLES

- 23g needle tip (1 1/4 - 0.6mm x 32mm)
- 25g needle tip (1 - 0.5mm x 25mm)
- 25g needle tip (1 1/2 - 0.5mm x 38mm)

FREE WITH NEW EQUIPMENT

- Swabs
- disposal container for used

NEW Peer Based Harm Reduction WA ADDITIONS

- BAC water (**\$10.00**)
- Pen needles

visit Peer Based Harm Reduction WA's website
www.harmreductionwa.org



peer based
harm reduction wa

SUITE 21 / 7 ABERDEEN STREET PERTH

**Injecting Steroids
& other
Performance &
Image
Enhancing Drugs**



**Peer Based Harm Reduction WA:
PERTH: 9325 8387
BUNBURY: 9791 6699**

PERFORMANCE AND IMAGE ENHANCING DRUGS

PIEDs is the term used to describe a group of drugs used to enhance the bodies strength or appearance. This group includes steroids, peptides, supplements and a bunch of others may partially fit into some of these groups or be something else all together.

STERIODS- Anabolic

Steroids are synthetic hormones based on testosterone.

They boost the levels of testosterone in your system which enables faster muscle growth.

Steroids generally come in oil or water based injectables or tablet form. The oil based injectable solution is by far the most popular and effective allowing for a sustained dispersal through the body and dosing a couple of times a week. Tablets while seeming less harmful at a glance cause more toxicity problems and side effects and may lead to liver damage. Dosing with tablets is usually done twice daily.

PEPTIDES

Peptides are amino acid chains that perform certain functions in the body. Amino acids are the basic building blocks of life and peptides have been showing amazing results including allowing cells to divide seemingly forever and reversing ageing. While this is incredibly promising peptides are not without their own dangers and have been linked to cancer and other health problems.

SUPPLEMENTS and EVERYTHING ELSE

The world of PIEDs is expanding rapidly and there are far to many different compounds available to list them all but it is worth noting that just because something was purchased legally or seems designed to improve your performance does not mean it's safe or proven.

INTRAMUSCULAR INJECTION

1. Clean and swab area ready for injection
2. Keep site straight and relax muscle
3. Hold syringe at 90 degree angle, use other hand to hold the skin firm and push the needle in in one smooth firm motion to the desired depth making sure to leave a little bit of the needle exposed in case the tip breaks off
4. Draw back gently, if blood shows in syringe you are in a vein or artery and you need to move back out and try again. This is especially important when injecting into Gluts. Deltoid and other muscle areas do not have the same concentration of veins and arteries and do not pose the same risk of injecting into a blood vessel. If blood is flagged in the syringe it is recommended that you discard the solution and start again due to increased risk of abscess however due to costs of sourcing steroids this may be impractical. If you have injected a bloody solution keep an eye on the site over the next few days and consult a doctor if it is hot and painful as this is likely an abscess forming.
5. If needle is blood free continue to relax muscle and inject slowly. If solution is visible at injection site you are injecting too shallow and the fluid is entering subcutaneous tissue.

Apply pressure with cotton wool until bleeding stops. Relax and heat can be applied to help disperse the injection.

PREPARATION

STERIODS

Water based steroids need to be checked to make sure they are mixed together and are one smooth liquid without any particles settled on the bottom. A light shake or agitation should achieve the desired result.

Oil based steroids can be warmed up in a bowl of warm water or under a running tap to make them easier to inject especially in cold climates or if the vial has been in the fridge.

PEPTIDES

Peptides come in powdered form usually in 4 or 10 unit amounts. They need to be reconstituted before use either with sterile or bacterialstatic water (water with alcohol added as a preservative to prevent the breaking down of the peptide chain and the build up of bacteria). A fairly standard ratio is 10 units of water for every 1 unit of peptide so say if u had a 10 unit vial of HGH you would put 100 units of water with it.*100 units of liquid = 1ml

WHERE TO INJECT

Steroids spread evenly through the body, you will NOT benefit from injecting into specific muscles. Best I injection sites are large muscle groups; buttocks, mid outer thigh, upper arm

BUTTOCKS (GLUTES)

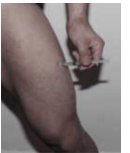
Divide into four quarters, injections should be into the upper outer quarter. The sciatic nerve runs down the middle of the buttock which

can be damaging and painful to hit. If you experience pain withdraw and use ice and pressure to reduce pain and bleeding.



THIGH (QUADS)

Divide into thirds from knee to hip. Injections should be in the outer middle section.



ARM (DELTOID)

Divide into thirds from shoulder to elbow. Injections should go into upper outer third



SUBCUTANEOUS INJECTIONS

Subcutaneous injections are usually given in the stomach. Only small injections are suitable for subcutaneous use. Hold the syringe at a 45 or 90 degree angle depending on what is most comfortable and aim for the layer of subcutaneous tissue just under the skin. A fold of skin can be pinched between fingers to make this easier if you are having trouble.

