

- When a drug is snorted, it comes into contact with the lining of the nasal cavity causing the blood vessels to dilate and rupture. Once a used piece of snorting equipment is reused, not only is the drug entering the nasal passage, but also blood from the previous person.
- This risk increases with greater damage on the inside of the nose and the more a person uses.
- Prevent this risk by using your own straw or note.

## Smoking

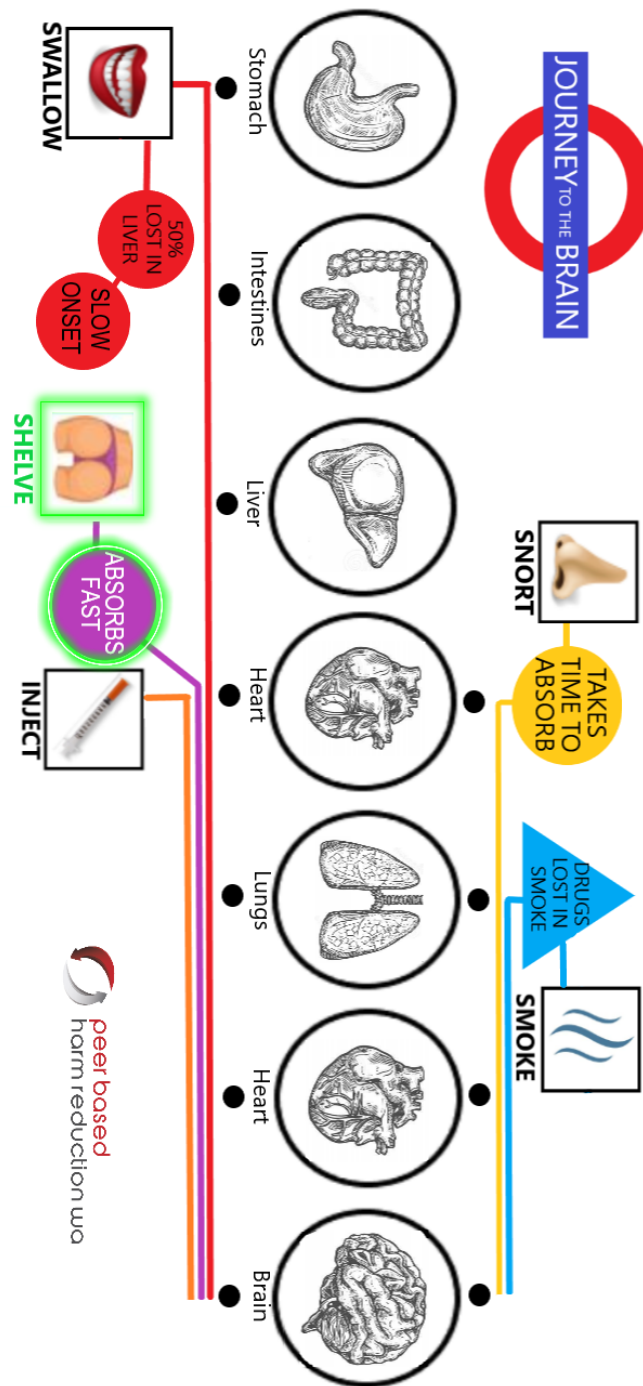
- Smoking your drugs carries a similar blood-borne virus risk as snorting, if there are sores, burns or cuts on the lips and mouth, which can transfer blood to a pipe.
- If you are likely to share, carry your own mouthpiece.
- Carry lip balm to help prevent your lips from cracking.
- Smoking your drugs offers a rapid onset of effects. You will feel it in as quickly as two seconds and this is because the initial path of the drug to the brain is very short.
- The high will have some intensity but will be shorter lived as a portion of the drug will be lost in the smoke.



## Swallowing

- It can take an hour or more to feel the full effects from swallowing.
- Although the effects should be quite stable for an extended period, your high can be less intense because the initial path of the drug to the brain is a long one, passing through the liver where around 50% will be lost.

**Got questions about alternate routes? Ask our staff!**



### WARNING

All routes of administration carry a risk of overdose.  
Be overdose aware - Stay safe.



peer based  
harm reduction wa



An introduction to:  
**Smoking**  
**Snorting**  
**Swallowing**  
**Shelving**

A: 22/7 Aberdeen Street, Perth

T: (08) 9325 8387

E: [info@harmreductionwa.org](mailto:info@harmreductionwa.org)

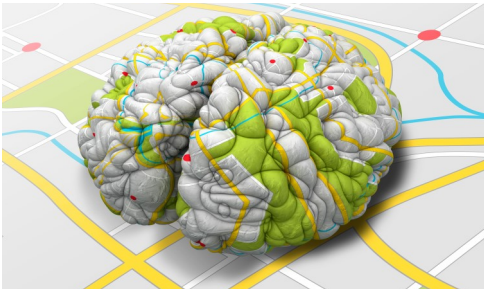
W: [harmreductionwa.org](http://harmreductionwa.org)

## Are you struggling to find a vein?

There may be times when injecting drugs is not ideal or even possible. Perhaps you can't find a vein, perhaps your syringe is blocked or maybe your veins are sore and overused and they need time to heal. Have you considered other ways to use your drug of choice?

Each route has a different journey to the brain. Swallowing a drug allows your digestive system and your liver to break it down before it gets to your brain. Other routes avoid the first few steps on the journey, so more of the drug arrives at your brain faster.

Think of it like a train journey to the brain with a number of stops along the way. See the map on the back for details about the route each method takes to the brain.



## SHELVING ( Up your bum )

Some people who run out of viable injecting sites switch to the anal route. Sure, it isn't glamorous, but it does work!

- Shelving with the enema method provides the best rush available without injecting into veins.
- This is because most of the drug will be absorbed directly into your bloodstream without being broken down by your liver first. Once absorbed, the path the drugs take to the brain is the same as when you inject.
- You end up with a fast and intense high, similar to the rush you get from injecting.

## The enema method

### WARNING: DO NOT USE A NEEDLE FOR SHELIVING.

Before you start, go to the toilet if you think you might need to and then wash your hands.

Prepare the drugs with water in a spoon or in a bag as you would for injection. Don't use more than 1.5mls of water to avoid flooding your bum.



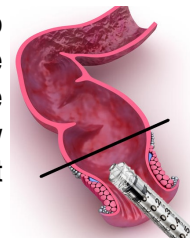
Draw your mix into the barrel. **You don't need to use a needle.** When you are shelving, filtering is optional but still make sure you use a separate set of equipment for each person.



Wipe some lubricant on your anus and on the barrel to help ease the barrel in.



Make a farting motion by pushing lightly to open up the anus. Push the barrel in one centimeter. Don't push it in any further; the rectal membrane you want to hit is low down. If you push too far in, you won't get the rush you want.



While sitting, squatting or standing, release the farting motion and gently squirt in the liquid. Tighten/squeeze the anus as you pull out the syringe to avoid leakage.



Withdraw the barrel and dispose of it in a sharps bin, then wash your hands. If you don't, you could contaminate your remaining drugs and clean equipment.



## What will I need?

*\*Use a separate set of equipment for each person.*

- 1) You will need water
- 2) Your own spoon or bag
- 3) A barrel without a tip
- 4) Some water-based lube.



A smaller barrel is better to avoid damaging the inside of your bum. The needle and syringe exchange at Peer Based Harm Reduction WA has 1ml barrels which are ideal for shelving as well as sachets of lube.

## Some other things to consider...

- The two muscles in your anus act as a double seal to prevent leakage. The liquid and drugs will be absorbed in about thirty seconds so you only need to hold it in for that long.
- If you feel a burning sensation directly afterward, don't panic. This is normal and should pass quickly.
- Avoid inserting dry shards into your rectum as it can cause painful damage.

## Snorting



- Snorted drugs need to dissolve on the mucous membrane inside your nose before they can be absorbed and this slows the process, taking around twenty minutes to kick in. You'll get a decent high but the effects will be spread out over a period of time rather than all at once.
- Sharing equipment for snorting can lead to the transmission of blood-borne viruses like hepatitis B and C and HIV.