

SNORTING

Snorted drugs dissolve on the mucous membrane inside your nose before they are 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 snorting equipment can transmit blood-borne viruses like hep C and hep B.

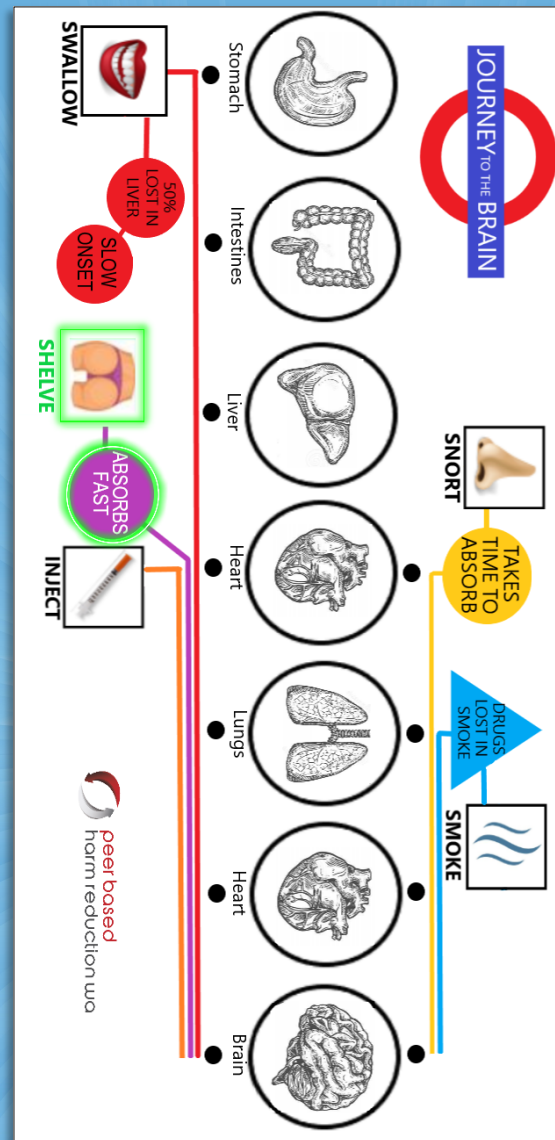
Snorted drugs impact the lining of the nasal cavity causing the blood vessels to dilate and rupture. When snorting equipment is shared, not only is the drug entering the nasal passage, but there may also be blood from the previous person.

This risk increases with damage inside of the nose the more a person uses. Prevent this risk by using your own straw or note.

SWALLOWING

For most drugs this is the safest route, but 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 30% will be lost.



ALTERNATIVE ROUTES OF ADMINISTRATION



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STRUGGLING TO FIND A VEIN?

There may be times when injecting drugs is not ideal or even possible. 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 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

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

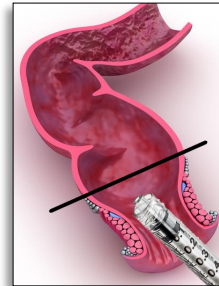
Before you start, go to the toilet if you think you might need to and then wash your hands.

Prepare the drugs with water. Don't use more than 1.5mLs of water to avoid flooding your bum.

Draw your mix into a barrel. **Don't use a needle!** When you are shelving, filtering is optional but 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 equipment.

SHELVING TIPS

A smaller sized barrel, like a 1mL, is better to avoid damaging the inside of your bum.

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.

SMOKING

Smoking your drugs carries a blood-borne virus risk 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.