

GUIDE TO SAFER INTRAMUSCULAR INJECTING PERFORMANCE AND IMAGE ENHANCING DRUGS AND HORMONES

ALWAYS REMEMBER

Make sure you have plenty of equipment – most needle and syringe outlets will have the equipment you need

Use sterile equipment every time – avoid hep C, HIV and infections

Make sure the packaging is sealed and intact, that amps/vials have not expired and the amps pass a visual inspection (look for broken seals/floating bits)

WHAT YOU NEED

A sterile 2-3 ml barrel

Tips: one to draw up (18-23 gauge, 1-1 ½" needle), one to inject (21-25 gauge 1-1 ½" needle)

Alcohol swabs & Disposal container

DRAWING UP

Attach 18-23 gauge needle to sterile barrel

For an ampoule: open, insert needle and draw back plunger until you have the correct amount

For a vial: make sure you swab the rubber stopper before you push the needle in, then push a small amount of air into the vial – this regulates the pressure and makes it easier to draw up. Then draw the plunger up until you have the correct amount

WHERE TO INJECT

The top of the buttocks, thighs or shoulders (see picture)



INJECT SAFELY

Swab the injection site

Hold the syringe as if it was a dart and spread the skin slightly with your other hand

Push the needle through the skin quickly into the muscle at a 90 degree angle, don't push it all the way in

Push the plunger in slowly to minimise damage to the muscle

Remove the needle quickly and apply pressure with a cotton ball