

Speak to staff at your local needle exchange service about any concerns

Particularly if you have any wounds, lumps or bumps where you have injected, or if you are experiencing any mental/physical health problems.

Are you ready to quit?

If you feel like you are ready to stop injecting and need specialist support, then speak to staff at your local drug service who will link you in to a service that can support you.

Safer injecting advice on New Psychoactive Substances (Legal Highs)

Information for users

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Is there a safer alternative to injecting?

Snort? Swallow? Up your bum? These drugs are extremely dangerous to inject as they are damaging to the veins and surrounding tissues, much more so than heroin. Users are reporting only 2-3 hits per injecting site before the vein begins to collapse; therefore, injecting into the groin and neck should be avoided unless you want to seriously put your life at risk!

Clean equipment

Never share any injecting equipment and use everything only once to avoid the risk of blood-borne virus infection (HIV, HEP B&C) and also to reduce the damage to your veins. To reduce the risk of other nasty infections, always wash the injecting site prior to having a hit and always wash hands before and after injecting.

Use the smallest needle possible and rotate the injecting site

This will help your veins last longer. “Nevershare” needles are the best. These drugs cause the veins to narrow, therefore it is extremely easy to miss the vein and inject into the muscle, which can result in nasty wounds.

Always filter

To reduce unwanted and large impurities getting into the vein. Filters are provided with single use cookers obtained at needle exchange services.

Many are water soluble – don’t cook up

Cooking up may cause the drug to solidify, which is dangerous when injected into the vein. Use boiled but cooled water as the water may need to be warm if crystals do not dissolve.

You may need more water than you think

Inject very small amounts at a time so the drugs are more diluted in the water to lessen the damage to the vein.

No need to use Vit C/citric

Clients state that injecting of these substances can feel like injecting acid. Using citric or vitamin C in preparing the powder for injecting will make the substance more harmful and increase any burning sensation.

Avoid bingeing - don’t go daft on it!

These substances can cause rapid weight loss, sleeplessness and hallucinations. Give your body and mind time to recover. The come-down can be quite severe – the more you use without a break, the worse the come-down will be.

Practice safe-sex

Injecting of these substances may increase sexual desire. Always use condoms, which you should be able to obtain at your local needle exchange service.