

Injecting Sites

The following sites are the safest areas of the body to inject (please remember that this is only for injecting steroids and not other drugs). The three sites are large muscles but you still have to be careful about avoiding blood vessels and nerves. Never inject more than 2ml into a muscle.

The Buttock

This is the safest of the three sites to inject. Each buttock can be divided into four sections – upper, lower, inner and outer. The safest place to inject is in the upper and outer section. This is because the sciatic nerve runs down the centre of the buttocks and if you hit this nerve, it will be really painful and can lead to paralysis.

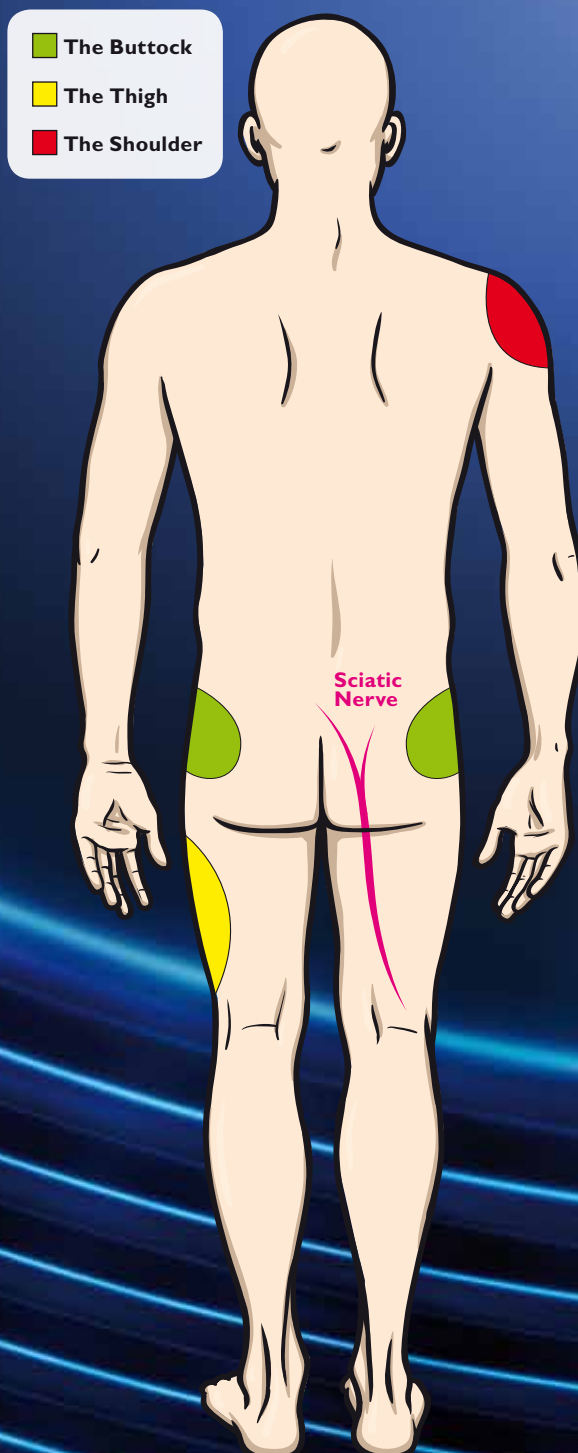
The Thigh

This area is the next safest area and the main thing to do here is make sure that you inject in the outer section of the thigh, at the middle point between the knee and the top of your leg.

The Shoulder

This is a smaller muscle group so the risks are higher injecting here. Again, you should aim to inject in the outer area of the shoulder.

Other muscles should not be used for injecting into as they can carry a much higher risk so its best to stick to the three areas above.



Information for Anabolic Steroid Users



East Riding of Yorkshire Council will, on request, provide this document in Braille, audio or large print format.

If English is not your first language and you would like a translation of this document into any other language, please telephone (01482) 393939.

Before You Start

Injecting is dangerous and should be avoided. However, if you do inject please follow this advice:

- Always use new and sterile needles and syringes, every single time you inject
- Never share used needles, syringes or other injecting equipment
- Never inject steroids into a vein or artery
- Take a long break between courses
- Do not 'stack' (using 2 or more steroids at once), it reduces the effects and increases the risk of harm
- Rotate your injecting sites
- Get regular blood tests from your GP
- Be wary of information on internet sites – this can often be misleading and inaccurate

Possible Side Effects of Use

The following are some of the side effects associated with steroid use, although you may experience others not listed here:

- Acne
- Aggression
- Developing breast tissue (males)
- Deeper voice (females)
- Hair loss
- Sexual problems
- Liver/kidney problems
- Increased risk of cancer
- Hepatitis C
- Stroke
- Infertility

Safer Injecting Guidelines

Injecting is never safe. However, these guidelines will help to reduce the risks of injecting:

- Wash your hands thoroughly
- Clean the cap of the vial/amp with an alcohol swab
- Attach a drawing up **green** needle to a syringe, push through the cap and draw up correct dose
- Attach the injecting **blue** needle to the syringe
- Swab injection site with swab
- Insert the needle at 90 degree angle, push the needle in about 2/3 of its length
- Draw the plunger back a small distance to check you have not hit a vein or artery
- Push the plunger in smoothly to dispense drug, then remove needle
- Apply pressure and rub the injection site to disperse the drug and reduce pain

Always put used needles and equipment into a sharps bin and return to a needle exchange.

Contact East Riding Partnership for confidential advice on safer injecting. Ring (01482) 344690.