

Your local Pharmacy Needle Exchange Service

Needle and syringe service welcomes people who use Image and Performance and enhancing substances.

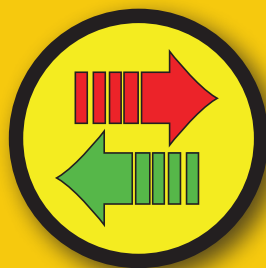
This service is free and confidential and supported by the HSE.

Further information is available via the QR code below.



Drug & Alcohol Helpline
Freephone
1800 459 459
Email Support
helpline@hse.ie
Confidential support & information service
www.hse.ie/go/drugalcoholhelpline

 Infóiríocht tuairimneach agus tacaíocht
Health Service Executive



Using the correct techniques and equipment will reduce risk of injury and infection which can cause pain and impact on training.

Unless you are absolutely certain you know where and how to inject, get some expert advice before you start injecting.

Medical help should be sought if any of the symptoms below are experienced:

Any redness, pain, warmth, swelling or blistering at the injection site, or a fever these could indicate an infection or abscess.

A feeling like an electric shock when you inject, or any ongoing numbness or tingling may be a sign of nerve damage.

Blood on injection may be a sign that a blood vessel has been hit which can cause bleeding inside the muscle (a haemorrhage).

PERFORMANCE ENHANCING DRUGS



1 injection every 4 days
12 week cycle for intramuscular injecting eg anabolic steroids



This pack contains

- 21 2ml syringes
- 21 40mm 21G Green needles (to draw up)
- 21 30mm 23G Blue needles to inject
- 25 Pre-injection swabs



It is important you use a long needle

The needle must be long enough to reach into your muscle and thick enough to allow the drug to pass through.

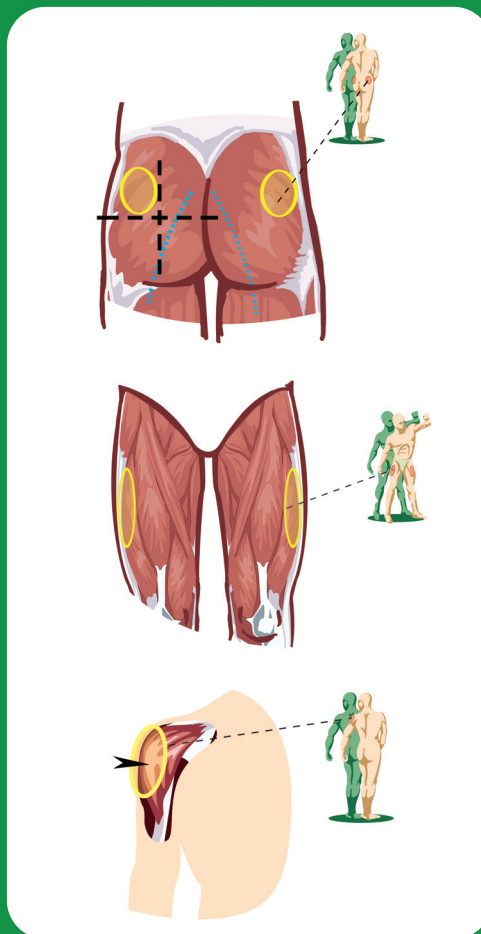
Green needles are used up for drawing up the substance and then switch to a blue needle for injecting into a large muscle.

Steroids are oily and need a long needle (blue) for safe injection into the muscle.

Make sure you're injecting in the right place

The best places to inject are in the sites as shown in the diagram.

These sites have a larger muscle and reduce the risk of injecting into a nerve or a blood vessel.



Check the contents of the vial

Anabolic steroids should be a clear oily liquid.

If there are particles floating around in it, it would be advised not to use the substance.

To draw up

Attach the green needle to the syringe barrel. Push the green needle through the seal. Ensure the tip of the needle is below the fluid line.

Remove the needle from the vial. Change the green needle and put in the sharps bin and attach a blue needle to the syringe. Remove any excess air and slowly inject at a 90° angle. Only inject up to 2ml of fluid into each muscle site. Injecting more increases your risk of infection/damage.



Discard everything that has been used: needles, syringes, swabs and empty ampoules should be placed in the sharps box and returned to a needle exchange for safe disposal.