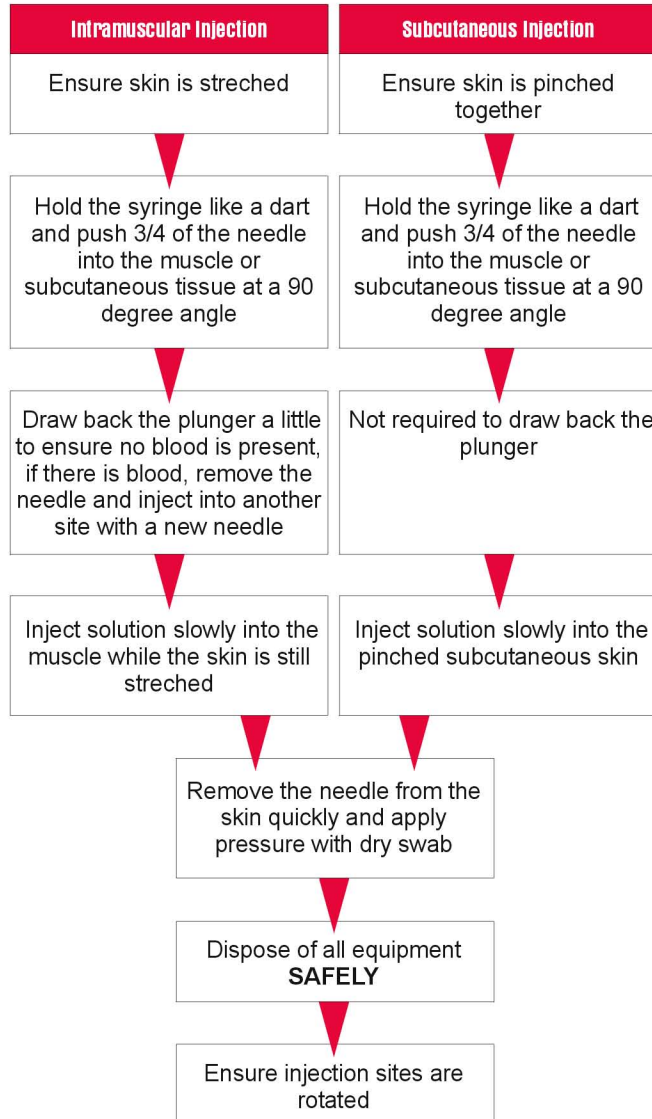


Steps to Safer Injecting

- Choose injection site and wash hands and injection site
- Prepare drug - draw up solution with one needle and then use a new needle to inject
- Ensure air has been taken out of the syringe prior to injection



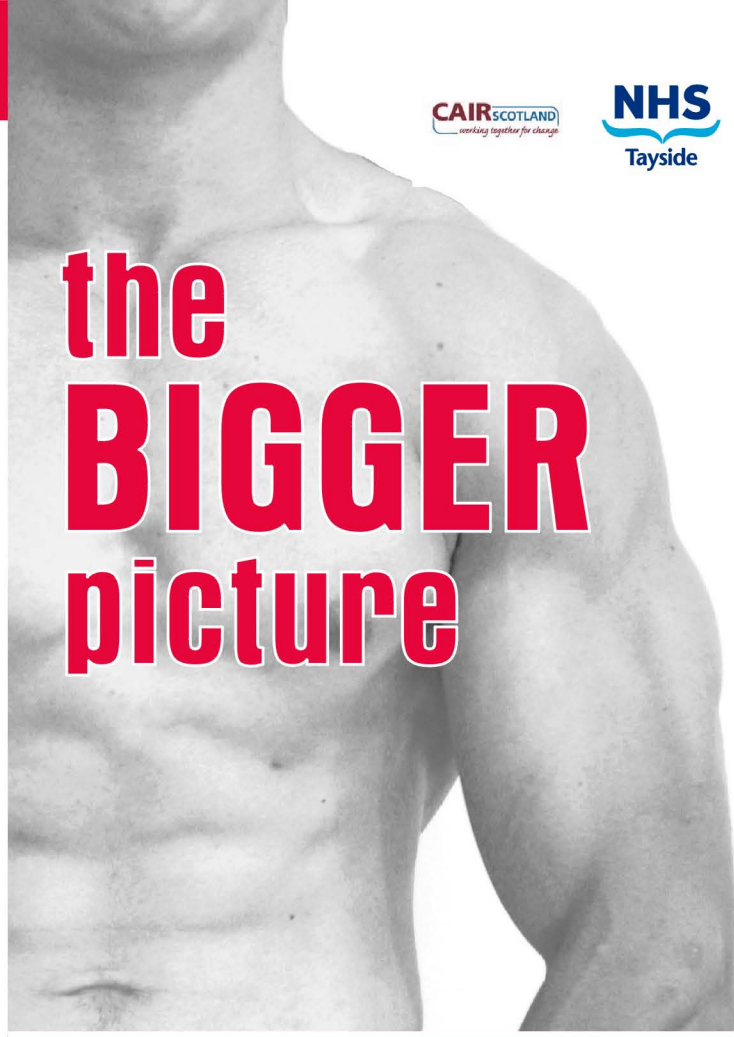
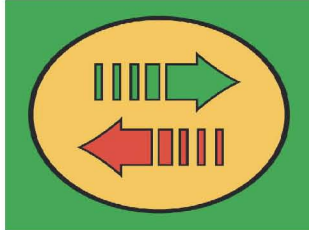
Injecting Equipment Provision Sites

- Dundee
 - Your Local Boots, 94 Albert Street, Dundee
 - 79 MacAlpine Road, Dundee
 - 71 Lothian Crescent, Dundee
 - J and K Richardson Ltd 181 Blackness Road, Dundee
 - Cairn Centre 12 Rattray Street, Dundee
 - Lloyds Pharmacy 103 High Street, Lochee
- Perth & Kinross
 - Davidsons Chemist 21/23 Wellmeadow, Blairgowrie
 - Bridgend Pharmacy 12 Main Street, Perth
 - Rowlands Pharmacy 61 High Street, Kinross
 - Lloyds Pharmacy 115/33 Glover Street, Perth
 - Right Medicine 56 High Street, Crieff
- Angus
 - Your Local Boots, 10 High Street, Kirriemuir
- Lothian & Borders Co-op 112 High Street, Arbroath, 9 Fisheracre, Arbroath
- Davidsons Chemist 98 East High Street, Forfar
- Lloyds Pharmacy 48 High Street, Montrose
- Minor Injury Units
 - Whitehills, Forfar
 - Links health Centre, Montrose
 - Arbroath Infirmary, Arbroath
 - Brechin Infirmary, Brechin

opening times will vary, please check with local provider

The Specialist Harm Reduction Team can offer further advice on safer drug use, safer injecting practices and a range of other services.

To make an appointment please call 01382 204248



the BIGGER picture

Performance and Image Enhancing Drugs

Guidance for safer use

Performance & Image Enhancing Drugs

Anabolic Steroids:

Stimulates growth in muscle tissue, increases levels of testosterone.

HCG (Post cycle therapy):

Used to enhance the production of testosterone, which is often suppressed by anabolic steroids.

Growth Hormone:

To increase strength and recovery. Most commonly stacked with insulin.

Melanotan:

Induce skin pigmentation, creating a tanned effect.

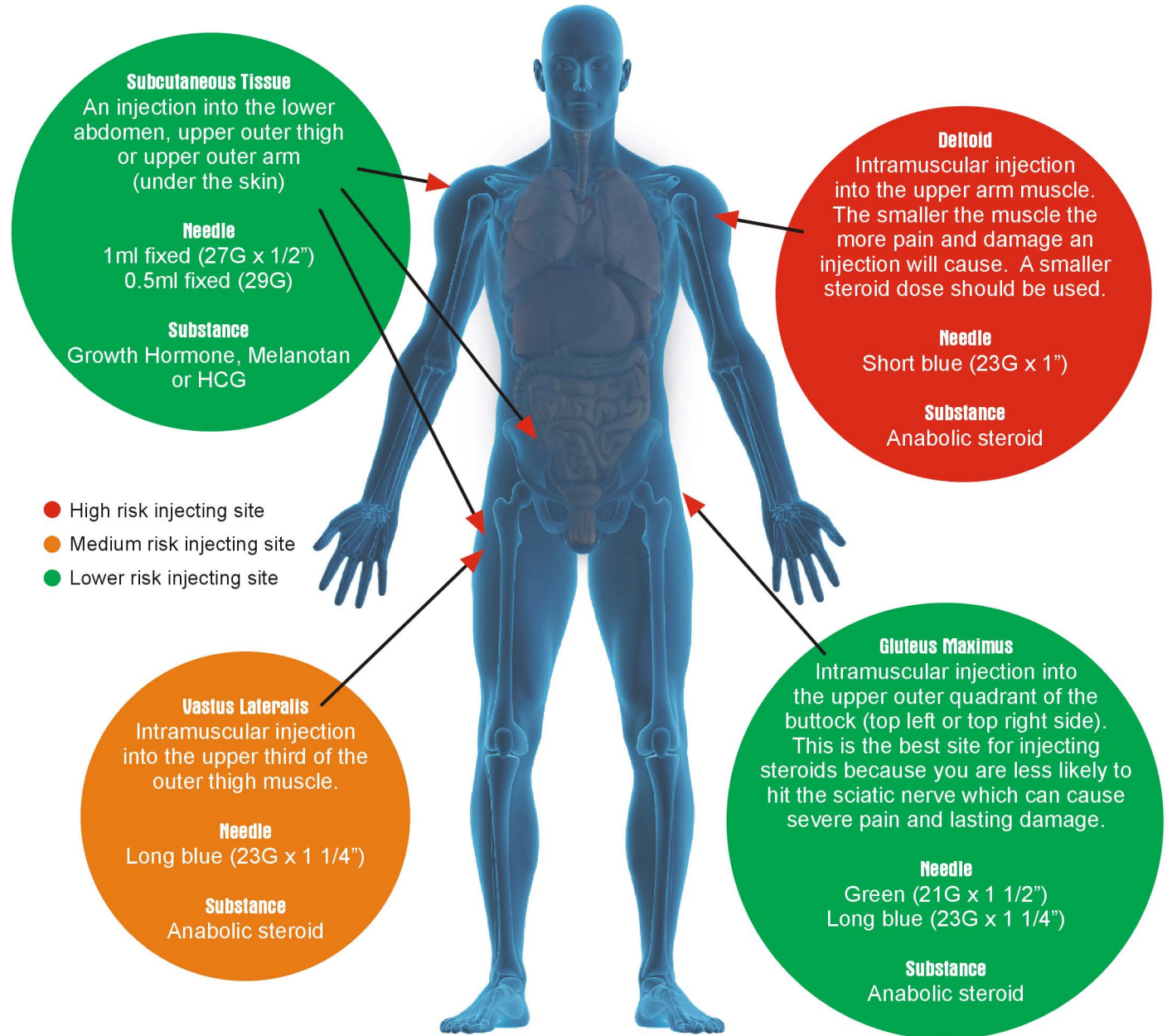
Look after your Health

- Beware of counterfeit substances
- Injecting can lead to abscesses, infections and muscle damage
- Some substances are not licensed to be used in the UK

Safer Injecting Advice

- Always use clean/new equipment
- Never inject more than 2ml into a muscle
- Never share any equipment
- Work from a clean surface to prepare your substance
- Ensure you are using the correct needle
- Oil based steroids should be warmed prior to injecting
- Ensure your muscles are relaxed prior to injecting

Safer Injecting Guide – Anabolic Steroids, Growth Hormone and Melanotan



Never Share Equipment and Dispose of Equipment Safely