

Steps:

1
Wash your hands thoroughly. Take out the syringe, lubes, sterile water and your drug of choice and set them up somewhere clean.

2
Dissolve the drugs in sterile water, or water that has been boiled first (but let it cool down to room temperature before using, otherwise you could scald your rectal lining).

*You can do this in the lube injector included in this kit.

*Keep the cap on so you don't lose any of your drugs.

3
Apply lube to you ass, then wipe the excess lube off your hands with paper towel or toilet paper.

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Apply lube to you ass, then wipe the excess lube off your hands with paper towel or toilet paper.

4
Point the syringe upwards and remove the cap. Apply lube to the top of the syringe. Push up on the plunger to remove excess air before inserting.

5
Find a comfortable position where you will be able to reach your ass. Standing works, but also laying on your side if you are at home. (Avoid squatting as it may cause you to accidentally lose some of your drugs after injection.)

6
Place your pointer and middle fingers on the handle at the bottom of the syringe and your thumb on the plunger.

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Insert slowly into your ass. This will help minimize tearing.

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Place your pointer and middle fingers on the handle at the bottom of the syringe and your thumb on the plunger.

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Insert slowly into your ass. This will help minimize tearing.

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Once you feel your knuckles against your ass, slowly push the plunger until the syringe is empty.

9
Wait a few minutes, then pull out and dispose of the syringe. It may help to clench your ass after. Imagine you are trying to hold in a fart.

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Wash your hands thoroughly. You were just touching your ass after all, and it is possible to spread bacterial infections like shigella and giardia.

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Good to know!

- This is meant for use with drugs that come in powder or crystal, like crystal meth or cocaine.

- Don't booty bump drugs like GBL, as they are caustic and can cause serious damage to your ass.

- Don't share syringes, these can transmit HIV or Hep C.

- Putting drugs up your ass without dissolving them in water, "dabbing", or wrapping drugs in rolling papers before inserting them, "stuffing", can cause damage to your rectal lining, so these are not recommended.

- Try to consume with folks you trust; keep each other safe!

- Always carry Naloxone.

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<p>Just the Tips</p> <p><i>Is it your first time?</i></p> <ul style="list-style-type: none"> • If this is your first time, try doing it once with just water. That way if you spill, or miss, you won't have wasted any drugs. • If you have never douched before, the feeling of water in your ass may be weird, or cold. If it's too cold, hold the sterile water containers for a few minutes to help them warm up, as really cold water can cause cramping. • If it is your first time, or a new supply, start low and go slow. You can always have more, but you can't have less. • Wait at least an hour between doses to see how the drugs effect you. • Booty bumping can cause drugs to absorb faster and more efficiently, meaning you could feel the drugs kicking in harder. 	<p>Just the Tips</p> <p><i>Booty Bumping and Sex!</i></p> <ul style="list-style-type: none"> • When booty bumping, sometimes small drug bits stay in your ass and these can be irritating. • If you are bottoming after booty bumping, try using a well lubed condom to avoid rips and tears. • The drugs can numb your ass, so be cautious when bottoming. Just because you don't feel anything, doesn't mean there is no damage. • Booty bumping can cause haemorrhoids, rectal pain and bleeding. If you are bottoming, please keep that in mind as these things can increase transmitting and acquiring infections. 	<p>Know your limits & party within them</p> <p>Have questions? Ask MAX!</p> <p>Harm Reduction Dispensing Program m.adams@maxottawa.ca</p>  <p>613.701.6555 ext 103</p>  max_ottawa  <p>maxottawa.ca</p>	<p>SAFER BOOTY BUMPING KIT</p> <p>Instructional guide and tips!</p> <p>Reduce your risk, MAXimize your pleasure</p>
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