

INJECTING MEPHEDRONE



A GUIDE FOR INJECTORS OF MEPHEDRONE & OTHER SYNTHETIC CATHINONES

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The drug **cathinone** is found naturally in the Khat plant.

Mephedrone is the most widely used **synthetic cathinone**.

The chemical name for mephedrone is 4-MMC.

There are many other synthetic cathinones like 4-MEC, MDPV, methylone and mexadrone.

Synthetic cathinones have similar effects to stimulant drugs like ecstasy, cocaine and amphetamines.

Mephedrone can be snorted but this can be painful, so it is often swallowed by either 'dabbing' or 'bombing'.

Injecting mephedrone is the most dangerous way of using the drug.



MEPHEDRONE IS KNOWN AS MEPH, DRONE, M-CAT, MEOW, MAGIC OR BUBBLE.

Mephedrone and other synthetic cathinones are Class B drugs under the Misuse of Drugs Act.

When prepared for injection they become Class A drugs.

'THE EUPHORIA IS AMAZING - A HUNDRED TIMES BETTER THAN ANY OTHER DRUG'

The effect of injecting mephedrone is more intense and euphoric than snorting or swallowing the drug.

Some injectors say the effects are better than any other drug they've injected.

'I'M AWARE I'M NOT ALL RIGHT BUT IT'S THE MOST INCREDIBLE FEELING, YOU DON'T FEEL ANY PAIN. I FEEL INVINCIBLE'

However, mephedrone is rarely injected without causing problems.



'IT OPENS UP DEMONS AND THAT'S SCARY BUT I'VE LEARNED ABOUT MYSELF'

RISKS & HARMS

Mephedrone injectors seem to experience lots of problems:

- **very painful burning sensation at injecting sites;**
- **swelling and discomfort from injecting.**

Mephedrone injecting can lead to serious harms, including:

- **soft tissue damage and infections;**
- **widespread forming of abscesses;**
- **deep vein thrombosis.**

These harms are caused by:

- **injecting badly;**
- **not washing hands or injection sites;**
- **preparing the drug in unclean areas;**
- **using previously used, unsterile injection equipment;**
- **injecting lots of times in a session.**

A typical amount used in a session is $\frac{1}{2}$ to 1 gram, injected in small doses every hour or two.

However, tolerance builds quickly and the dose injected can often rise to $\frac{1}{2}$ gram or more at a time.

Mephedrone is sometimes injected fifteen or more times a day for several days at a time.



'Mephedrone injectors are twice as likely as other injectors to share injection equipment'. PHE 'Shooting Up' report 2015

Mephedrone injection often leads to sexual as well as other risk taking, like sharing injecting equipment.

Sharing injection equipment increases the chances of the transmission of blood borne viruses.

This is one reason why mephedrone injectors are more at risk of getting HIV or hepatitis C than other drug injectors.

Longer-term use and binges may cause:

- **irritability or aggression;**
- **very dark 'comedowns';**
- **depression;**
- **anxiety;**
- **psychosis.**

NEEDLE EXCHANGES PROVIDE FREE INJECTION EQUIPMENT AND SHOULD GIVE YOU AS MUCH AS YOU NEED - WITH NO LIMITS.

Injecting can never be completely safe.

It's really hard to inject mephedrone without causing pain and soft tissue damage.

Improving your injecting technique can:

- **protect you from HIV, hepatitis, abscesses, and other infections;**
- **reduce vein damage, injecting discomfort and scarring.**

Choose a warm, safe and clean place where you won't be disturbed.

Choose a place with good lighting so you can see what you're doing.

Use warm soapy water or swabs to clean your hands and the injecting site.

Wipe down the surface you'll use to prepare your mephedrone.

Blood in veins flows towards your heart:

- **inject in the direction of blood flowing to your heart.**



GETTING READY

Rotate injection sites to allow them to heal and reduce scarring.

- the lower arms and legs are the easiest and safest sites to inject.
- the neck, breasts, penis or genital area and the groin are the more dangerous.

Injecting in these sites will almost certainly cause damage or serious harm.

Make sure you have everything you need:

- syringe & needle, swabs, cooker or spoon, water, filter, tourniquet.
- Make sure your mates have enough so they don't need to share yours.

Keep all your stuff on a magazine or **clean space**.

- Don't let anybody put their stuff in your 'clean space'. Don't put yours in theirs.
- Use a sharps bin for all your used stuff.

- Use sterile water or water that's been boiled in a kettle and allowed to cool.



- Mark your syringes, or use coloured ones to avoid getting them mixed up.

DRUG PREPARATION

1. Remove cooker from its packaging and place on your clean space.

Put your drugs in the cooker.

Use a clean spoon if you have no cooker.

2. Draw up sterile water from a clean cup. Add water to the cooker.

3. Stir with clean cap from the syringe. You don't need citric, ascorbic acid or heat to help it dissolve.

4. Add a clean dry filter like the ones that come with cookers or use small pieces of clean cigarette filter.

Don't use your teeth to tear the filter as this will contaminate the drug solution.





5. Place the tip of the needle on top of the filter and draw up drug solution by slowly pulling back on the plunger.

Take care not to push the needle against the cooker as this can blunt it.

6. Get rid of the air by pushing the plunger until a drop of liquid appears on the needle tip (don't worry about tiny bubbles).

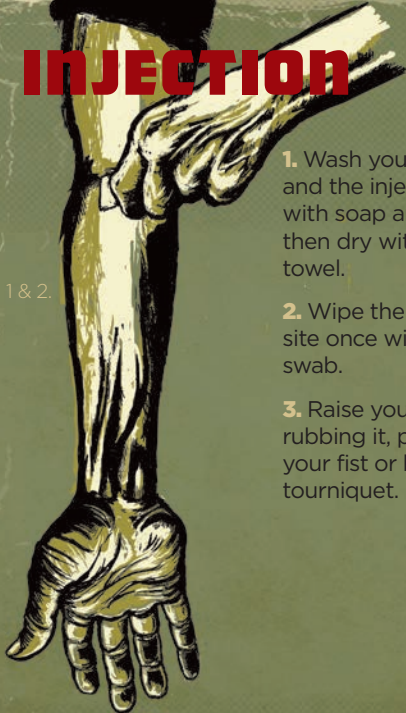
Don't be tempted to lick this as it will contaminate the needle.

7. Put your filled syringe in your clean space.



INJECTION

1 & 2.



1. Wash your hands and the injection site with soap and water then dry with clean towel.

2. Wipe the injection site once with a clean swab.

3. Raise your vein by rubbing it, pumping your fist or by using a tourniquet.

3.



4. With the needle hole facing upwards, place the tip at your injection site.

5. At a shallow angle slowly and firmly push the needle through the skin into the vein.



- You should feel a slight resistance as the needle passes through the vein wall.



6. Make sure you're fully in the vein by slowly pulling back the plunger until a small amount of blood is drawn back into the syringe.



- If not in the vein carefully reposition or use a dry swab to stop bleeding then try another, cleaned site.

**IF YOU NEED ADVICE AROUND SAFER INJECTING
GO TO YOUR LOCAL NEEDLE EXCHANGE.**

7. When needle is in the vein, loosen the tourniquet before you slowly and steadily inject.

- **If you feel pain or resistance, you may not be in the vein, in which case you'll need to start again.**
- **Do not flush blood in and out of the syringe: it shortens the life of the vein, and doesn't make any difference to the amount of drug you get.**

8. It is a good idea to sit down at this point as some people fall over.

Within moments of injecting, some people start to shake uncontrollably:

- **if this is happening try injecting smaller doses.**



9.



9. After injecting, slowly remove the needle and syringe and firmly apply a dry swab to reduce bleeding and bruising:

- **don't use an alcohol swab as these stop blood clotting.**

10.

10. Place used needle syringe, cooker, filter and swab in the sharps bin.

- **Mop up blood spills with a paper towel and wipe surfaces with thin bleach.**



TAKING CARE

Some people go on long binges or use high doses to enhance sex.

This can lead to risky sexual practices and not using a condom:

- **decide what risks you are willing to take and stick to your limits;**
- **get regular check ups at your GP or sexual health service.**

'I GET MAJORLY SEXUALLY DIS-INHIBITED IN A WAY THAT SHOCKS ME'

If you experience mental health issues:

- **stop using or use smaller doses;**
- **snort or swallow the drug;**
- **go see your GP, drug or mental health services.**

'YOU DON'T WANT TO DO THIS STUFF IF YOU'VE GOT MENTAL HEALTH PROBLEMS'

When on a mephedrone injecting binge, some heroin users don't use gear or scripts.

This reduces tolerance and increases risk of overdose.

- **After a break, use less gear until your tolerance builds.**

'I DON'T USE MY SCRIPT WHEN I'M ON ONE. YOU DON'T GET WITHDRAWALS'

DRUG SERVICES OFFER HELP AND SUPPORT FOR ANY HEALTH OR OTHER PROBLEMS THAT MAY RESULT FROM INJECTING MEPHEDRONE

Even experienced injectors find injecting mephedrone causes significant harm – it is only manageable for short periods at a time.

- **Allow yourself rest and keep yourself well between sessions.**

If you're determined to continue injecting mephedrone – make sure you learn to inject safely.

- **For advice around safer injecting go to your local needle exchange.**

Plan ahead and make sure you have plenty of equipment for you and your friends.

- **Ask your needle exchange for as much equipment as you need.**



'I WANT TO DO IT ALL THE TIME BUT I KNOW I'LL GET A LIFE SENTENCE'

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[>] aims
To provide accurate information and advice on
injecting of mephedrone and other synthetic cathinones.

[>] audience
Mephedrone injectors.

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