



**EXCHANGE**  
SUPPLIES

*“The effect of slamming is very intense, and for me it is equivalent to freedom... I feel liberated from past sexual issues.” M. (42)*



## **Introduction**

Slamming and sex are part of life for some gay men, and drugs like tina (crystal meth), ketamine, mephedrone and new substances like 3-mmc, mxe and 4-mec are being injected before and during sex sessions.

Although slamming is euphoric, sexually stimulating and freeing from inhibitions (as well as making sex last longer, increasing confidence and energy) it also has risks.

**This book has the information you need to maximise the pleasure, and minimise the risks.**



## **Injecting**

If you like slamming it makes a lot of sense to learn how to do it well.

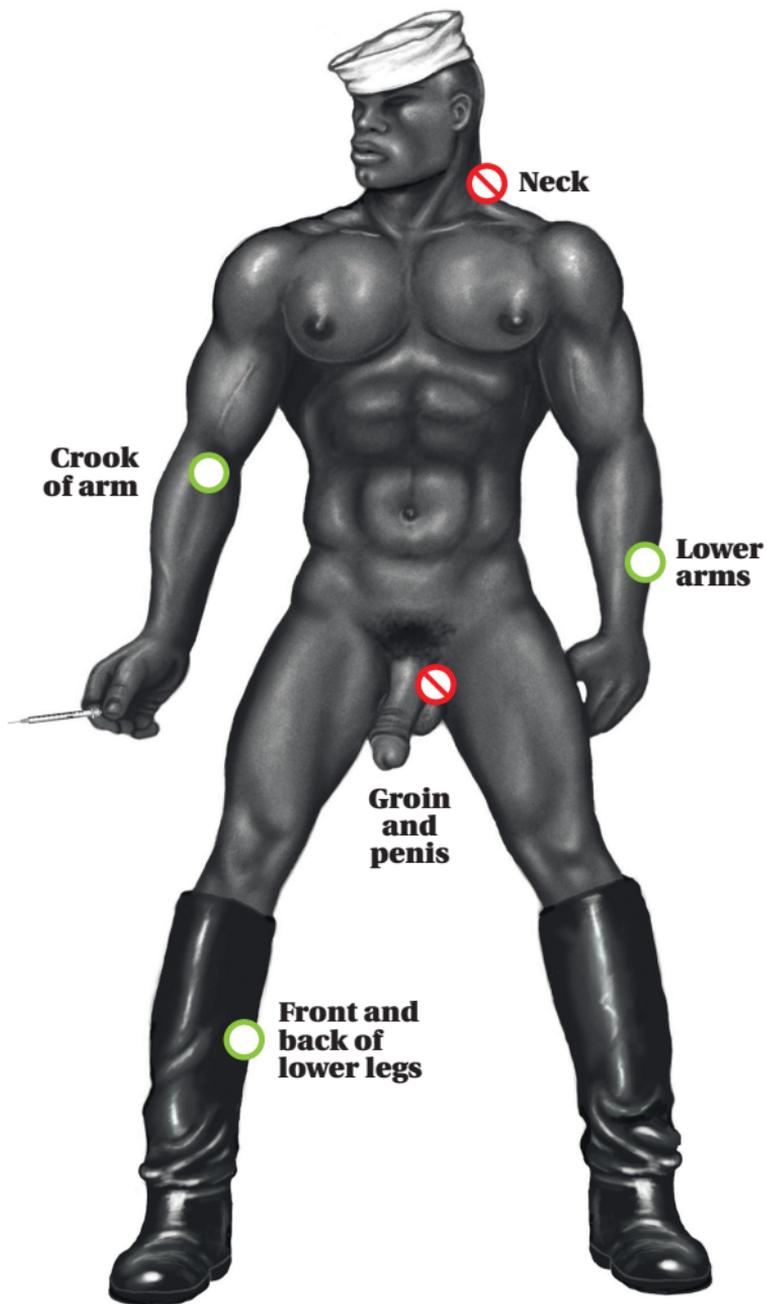
This section explains where to inject, the injecting process and technique, and all of the equipment you will need.

## **Where to inject**

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, penis or groin area and the groin are the more dangerous.

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



**Neck**

**Crook  
of arm**

**Lower  
arms**

**Groin  
and  
penis**

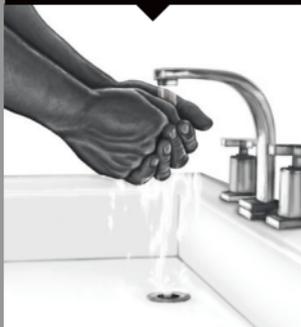
**Front and  
back of  
lower legs**

## **Injecting steps**

Good injecting technique will prolong the life of your veins – once they collapse, they're gone for good.

- Take your time and be careful
- Give the used veins time to heal
- Inject at least one centimetre away from your last injection site
- Try not to inject below a recent hit on the same vein: go above it (towards the heart) so the previous site is not irritated twice.

## Step 1



Check if you have all the necessary equipment.

**Make sure it is all new, and sterile.**

Wash your hands and injecting site with soap and water.

## Step 2



**Dissolve your drugs in sterile water, in a sterile cup.**

If you have to use heat, don't boil the liquid (this can make it go thick when it cools).

Draw the solution into your syringe through a filter.

*“Hardly anybody knows  
how to slam correctly.  
People learn from each  
other. I often think, I really  
hope this ends well.” P. (35)*

### Step 3



Hold the syringe with the needle pointing upwards, and tap the syringe until big air bubbles rise to the top.

Press the plunger until a drop appears at the tip of the needle.

**Licking the needle covers it with bacteria which can cause injecting site infections, swellings, and abscesses.**

### Step 4



Find a vein that hasn't been injected into recently, and make sure you are settled and will be able to remain still while you inject.

There is more information on finding veins on pages 21 and 22.

*“I always order needles, syringes and Stericups online. It’s cheap and right away you’ve got yourself a good stock of supplies at home.” R. (47)*

Every city (and most towns) in the UK also have a free and confidential needle and syringe programme where you can get needles and syringes.

## Step 5



Clean the skin by wiping once with an alcohol wipe.

**Do not touch the skin after cleaning.**

## Step 6



**Keep the angle of injection shallow, and the eye of the needle up.**

When you think you are in the vein, draw back to check – if you don't draw back blood, pull the needle back a little and try again.

*“No matter how horny  
I am, I never share needles  
or syringes. That’s where  
I draw the line.” W. (39)*

## Step 7



Once the needle is in the vein, release the tourniquet to prevent putting unnecessary pressure on the veins.

**Never slam with the tourniquet tightened!**

## Step 8



**Inject slowly.**

Then carefully withdraw the needle.

*“Some men purposely slam  
in their legs, so you don’t  
see the little slam wounds.  
But that doesn’t always  
work out.”* G. (46)

Circulation in the legs is slower – even if you take care and inject very slowly – missing the vein, swelling, and infections are all more likely, and can be painful.

## Step 9



Press the pad over the injecting site for at least a minute.

## Step 10



Don't re-cap the needle (you might get a needle stick injury) – just put it straight in a sharps bin.

To prevent transmission of HIV and hepatitis C use a new sterile needle every time, and never share your equipment.

## **Injecting technique**

### **A tidy space**

Make sure you have a clean and clutter-free environment for slamming. That way your equipment stays clean and the chance that you'll mix it up with other people's is smaller.

### **Filters**

A lot of men backload their chems into the syringe, and fill it with water and shake to dissolve them. But tiny particles that don't dissolve can cause problems.

Dissolve the chems in water for injections, or cooled boiled water from a kettle in a sterile spoon and draw the solution through a filter.

## **Finding a vein** (step 4)

**The less risky veins are located in the forearm. These can be used over the entire length, from the wrist up to the inside of the elbow. Vary the location and always inject in the direction of the bloodstream towards the heart.**

Learn to alternate injecting in the right and the left arm. This gives you more options and extends the recovery time of the veins.

### **Use a new needle for each injection.**

Veins in the hands and feet are small and vulnerable. Slamming in these places can be painful, and the risk of vein damage is high.

If you choose to inject in your hands, remove any rings from your fingers.

## **To make your veins bigger you can:**

- Do regular upper body weights
- Let the arm hang low, and/or swing it like a windmill
- Wipe the slam spot with an alcohol swab
- Take a hot shower or bath before slamming, or put your arm in warm water or wrap it in a warm cloth
- Tap the vein sharply a couple of times with outstretched fingers.

## **Tourniquet?**

Only use a tourniquet if you can't find a vein without one. If the veins are easy to reach, a tourniquet would only put unnecessary pressure on the veins.

To apply a tourniquet, put it around the upper arm and clench your fist repeatedly. Don't make the tourniquet too tight, otherwise you'll constrict the arteries, which makes finding a vein more difficult.

Use a special tourniquet or a wide, elastic belt. It must be easy to loosen without letting go of the syringe.

## **Arteries**

Avoid touching an artery. Arteries often lie deeper beneath the skin, and have a pulse.

If you experience shooting pain as you attempt to slam, or if the plunger is pushed back by the blood, or if it's foamy when you pull it into the syringe, you have probably hit an artery.

In which case withdraw the needle carefully and apply pressure on the slamming point for at least 15 minutes while keeping the arm raised.

If the bleeding doesn't stop, call an ambulance.

## Injecting equipment

You can get free injecting equipment from your local needle exchange, and from pharmacies displaying the symbol over the page.

You can also buy it online from [exchangesupplies.org](http://exchangesupplies.org)

### Needles

To prevent damage to the veins, always use thin, short needles. Short needles meant for injecting insulin are the most suitable.



**When a needle feels blunt, this is what it looks like.**

Make sure you use a new one for every injection, and if you can't find a vein and it gets blunt – change it.



## Sterile water

Sterile water, available online in small ampoules, is best for dissolving your chems. They remain safe to use for a long time.

Once open, bacteria multiply fast. Always throw away leftovers.

The best alternative is cold tap water that has been boiled in a kettle.



## Spoon

A sterile packaged cup like the Stericup is the best for dissolving your chems in water.

Dissolving chems in a spoon is the best alternative. Disinfect the spoon with boiling water before use.



## Filters

Re-using filters can cause abscesses, and other infections. Use a new filter every time. The Sterifilt is an effective single use sterile filter.



## Alcohol swabs

Alcohol swabs are sterile and suitable for one-time use.

By wiping the skin location firmly once, you reduce the number of bacteria at the needle's point of entry.

They work much better if the injecting site has been washed with soap and water and dabbed dry with kitchen roll first (rubbing with a towel can move the skin cells about, and bring bacteria to the surface).



## Gauze

Immediately after injecting, press on the injecting site with a clean gauze or cotton ball to reduce bleeding and bruising.

Alcohol pads are not suitable for this. The alcohol slows down the healing of the wound and you rub dirt into it.

## Equipment disposal

There are pocket-sized needle containers available for used needles. Metal or hard plastic containers are okay too.

All needle exchanges will safely dispose of your used equipment for you.

**To prevent needle-stick injury, never throw used needles in a normal waste bin.**



This is the national needle and syringe exchange symbol: you can get free injecting equipment where you see this sign – and give them used kit to dispose of.

## **Syringe cleaning**

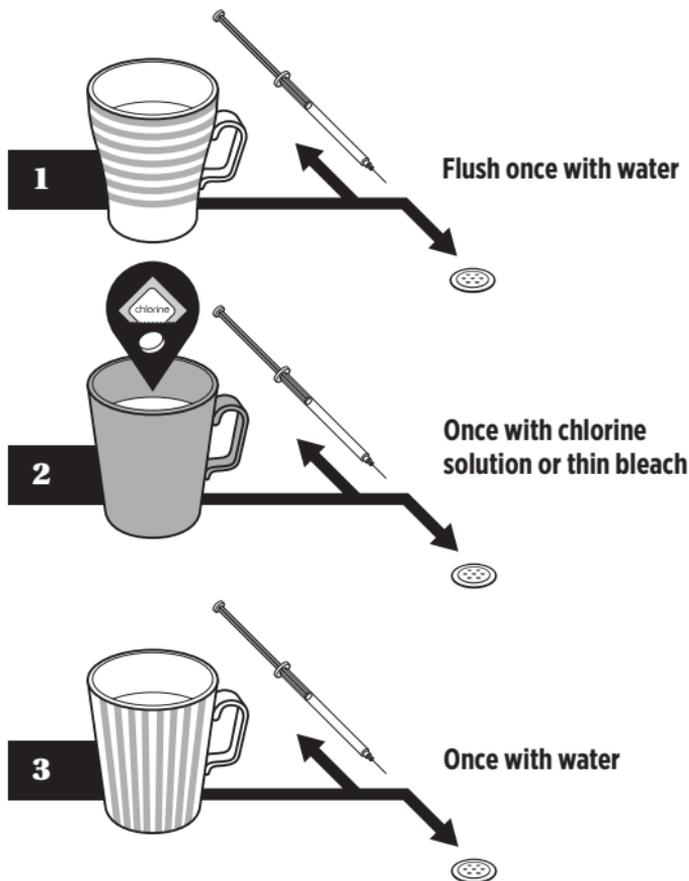
**If you can, always use a new sterile syringe.**

Always make sure you pick up (or buy) more syringes than you need, so that you will have enough for yourself, and to give to other people who need one.

If a syringe might be used again, rinse the blood out with water after use, and clean it with thin bleach. Do this again before it gets re-used.

**1 ml fixed needle syringes have less blood left in them after use, and so are less risky than 2 or 5 ml syringes which need more rinsing and cleaning.**

If you have to re-use a syringe get three clean cups and fill two with cold water. Pour out a capful of thin bleach, or dissolve a chlorine tablet in the other cup.





## **Staying healthy**

Days of continuous partying under the influence of chems often means other life priorities take a back seat.

It's not only about injecting. There are other things you can do to protect yourself.

## **Safer sex**

Slamming and condom use often don't go together. But condoms prevent a whole range of sexually transmitted diseases which can cause serious health problems, take time and effort to get treatment for, and some can cause problems for years.

A lot of guys who don't always use a condom serosort their sexual partners to prevent passing on, or catching, HIV.

**Do not booty bump – the irritation and tissue damage will increase the risk of sexually transmitted infection (STIs). Bomb or mix with fruit juice instead.**

Using lube can slightly reduce the risk of STIs.

**USE  
A  
RUBBER  
& DON'T  
BOOTY BUMP**



## **Chems**

Use an accurate scale to measure the proper dose.

When using an unknown substance, build up your dose in small increments.

## **Drink**

To prevent dehydration, it's important to drink enough. If you drink alcohol, you still need to drink other liquids because it has a dehydrating effect. Put several bottles of water in sight beforehand.

## **Eat**

Make sure you eat enough. Even if you're not hungry, eat small portions regularly.

Soft food is easier to swallow. Fruit, smoothies, weight gainers, protein shakes, porridge, yoghurt and soups are nutritious and provide new energy.

## **Refresh**

Take a shower at least once every 24 hours – it is relaxing and energizing.

Wash your hands regularly.

Brush your teeth regularly, and chew gum.

## **Rest**

Get some rest outside of the sex setting and chill out.

If you can't sleep, seek out a quiet, dark space to help you relax better.

## **Take your meds**

If you are on medication (such as HIV antivirals) set an alarm on your mobile so that you take your pills on time.

## **Hep B vaccination**

Hepatitis B is a serious liver infection that can be prevented with a course of three simple vaccination injections – ask your GP, sexual health or drug service where you can get it.

*“It was only when the police plucked me naked off the street that I realised just how paranoid you can become after partying for days on end.”* B. (32)

## **Mental health**

Slamming can lead to paranoid thoughts, hallucinations, delusions, anxiety, and panic attacks. It's not you, it's the chems and the lack of sleep.

### **You can protect yourself from mental health problems by:**

- Keeping score of what, how much and how often you use
- Reducing doses, and frequency of use if you feel paranoid or anxious
- Getting enough rest, water, and food
- Limiting yourself to two slamming sessions a month
- Telling people around you to let you know if you look exhausted.

### **The risk of negative effects increases if:**

- You have slam marathons for days without sleep or rest
- You slam high doses
- You increase your slamming frequency to several times a week or more
- You have a history of mental health problems.

Leaving people on their own to sort themselves out is unlikely to help.

If they get really agitated, or the situation is deteriorating, you can dial 999 and get an ambulance.

**If someone you are slamming with is paranoid, anxious or psychotic you can best help by:**

- Being calm and understanding
- Using his name
- Keeping him in the here and now by communicating simply
- Getting him out of the sex setting, and into a 'low-stimulus' environment
- Going outside to get some fresh air
- Turning off bright lights, porn, laptops, music and the television.



## **Coming down**

Slamming for days on end exhausts you physically and mentally. Coming down is the collection of feelings that commonly accompany the body recovering from the drugs and fatigue.

**The come down is caused by the levels of serotonin and other natural 'feel good' transmitters being really low (the drugs use them up) and:**

- The amount and quality of rest and food and drink you've had recently
- The length of your slam session
- The amounts and combinations of chems used
- The experiences you had.

Typically there are a few days of mood swings, depression, exhaustion, headaches and feeling grumpy.

**Remember to tell yourself that it's not real, and that everything will look a lot less grim in a few days.**

Try to use the symptoms to remind yourself to look after your need for good food, enough to drink, and plenty of sleep and rest – rather than a sign you need to sort out interpersonal problems.



**The feelings that a come down brings will pass, and you can speed this up by:**

- Not doing more stimulants to keep going
- Catching up on your sleep
- Keeping yourself distracted
- Watching films, going for a swim or walk, listening to calming music
- Not staying by yourself – hang out with people who can take care of you
- Eating healthy food
- Being kind to yourself!

A day of watching movies in bed is a good way to chill.

Meditation and listening to music can also be relaxing. Good food speeds up recovery. If you feel up to it, getting out for a walk, bike ride, or doing sport will make you feel better.

## Slamming

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**To order more copies (and to buy injecting equipment online) go to [exchangesupplies.org](http://exchangesupplies.org)**

Product code: P112



In this booklet you'll find practical information about slamming techniques, safer use, mental health, psychoses, and how to manage the come down.

The information was collected in interviews with regular slammers who know the scene, pitfalls, and risks.