

# Alternatives to Slamming

## Snorting

Snorting provides a faster, more intense rush than when swallowing. Snorting provides a fairly quick high and can be done more discreetly than smoking or injecting.

- When snorting drugs using shared equipment, microscopic amounts of blood can pass from one person to another. This carries a risk of Hepatitis C transmission.
- Avoid banknotes and keys as they may be full of germs. Post-it notes, or coloured drinking straws are a safer alternative. Use a fresh one for each person. Crush the powder as fine as possible using a clean credit card or two spoons. It won't irritate the lining of the nose as much.

## Smoking

- Crystal meth is usually heated and then smoked in a glass pipe.
- Smoking causes a substantial amount of the drug to go straight into the brain. This intense feeling of euphoria, which is almost immediate is what makes smoking so addictive.

## Eating / Swallowing / Bombing

- If you are swallowing drugs, it may take longer before you feel the effects, but this route avoids the additional risks associated with smoking or injecting. Once you do feel the effects, it can last longer.
- Be mindful that swallowing drugs in drinks or food can mean you have less control over the amount taken. You can also dissolve the drug in a small amount of water or a soft drink, wrap it in small, un-dyed rolling paper or in an emptied out capsule such as a vitamin or paracetamol capsule, and swallow as a "bomb".

## Booty bumps

- Sometimes Tina or Mephedrone added to water is put in a syringe with no needle in it. This is then inserted through the rectum and squirted inside the anus.
- It absorbs quickly and doesn't have to be metabolised in the same manner than other routes of administration.
- Make sure to clean everything thoroughly, including your hands, immediately after booty bumping.
- Regular booty bumping can cause haemorrhoids, rectal pain and bleeding. Consider not bottoming when you are booty bumping.

## HIV and Hep-C Prevention

Practice safe sex by using condoms. This could prevent the risk of HIV/STI's. Sharing tubs of lube or sex toys is also risky. Regular check-ups are recommended, especially if you feel discomfort of any kind. The sooner you get a diagnosis and appropriate treatment, the better, as you can be supported to gain the most appropriate advice and information around your health.

Remember, Hep-C can spread through blood-to-blood contact. This is generally from injecting or sharing drug equipment. Please note that the blood may not always be visible, so avoid sharing needles and syringes to inject drugs. Hep-C can also spread through the use of sex toys, as the virus can live on surfaces for up to 6 weeks after contamination. If you have any open cuts or abrasions on your hand where viruses can enter your bloodstream, then you would be at risk of infection.

This is not just to safeguard your own health, but also for the health and safety of others.

## Accessing support is easy:

Inspiring Recovery (Adults over 25)  
T: 0300 123 1912

E: [Wakefield-IR@turning-point.co.uk](mailto:Wakefield-IR@turning-point.co.uk)

W: [turning-point.co.uk/services/wakefield-inspiring-recovery](http://turning-point.co.uk/services/wakefield-inspiring-recovery)



Inspiring Futures (Under 25 year's old)  
T: 0300 123 1912

E: [Wakefield-IF@turning-point.co.uk](mailto:Wakefield-IF@turning-point.co.uk)

W: [turning-point.co.uk/services/inspiring-futures.html](http://turning-point.co.uk/services/inspiring-futures.html)



Wakefield's All-Age Drug and Alcohol Prevention, Treatment and Recovery Service.

**INSPIRING RECOVERY & INSPIRING FUTURES**

**LET'S TALK ABOUT CHEMSEX**

- Support & information regarding substance use
- Access to self-testing
- Onward referral to specialist sexual health services

# Chemsex Tips



- Don't play for too long. Paranoia, psychosis, hallucinations, etc., can often occur as a result of several days without sleeping.
- We know how difficult it is but staying hydrated and eating something while you are playing makes the difference.
- Take some breaks between chemsex sessions. Depression, anxiety, panic attacks, weight loss, memory loss and so on can be exacerbated by playing more frequently.
- If you've used chems for a while, having sober sex can feel daunting. Mixing up chemsex play with dates or sober sex sessions can help you feel more emotionally connected to your partner.



**Inspiring Recovery (Adults over 25)**

**Inspiring Futures (Under 25 year's old)**

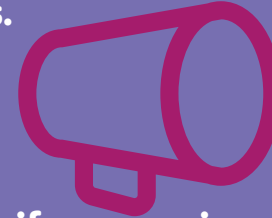
# GHB/GBL



- Avoid mixing GBL with alcohol, ketamine, diazepam, or any other drug with sedative effects. Doing this increases the chances of you passing out, even with very low doses of G.
- GHB can be hard to manage in regards to dosage, therefore try and manage your measurements through; Measuring spoons, syringes or a measured dropper bottle. Never just pour it casually into a cup, never drink from the bottle or someone else's drink. If you are unsure of how much to start using, begin with 0.5-1ml.
- Using a G diary or setting the alarm on your phone can be helpful to monitor use. Our memory can be affected and if you are not sure when you last had some, you may take the risk of taking more too soon. Noting times down will help you.
- Be patient if the G takes a bit of time to work in the first doses. Effects can begin within 15-30 minutes. Passing out can happen because we take more G thinking that what we took wasn't enough.
- Daily use can lead to severe, physical withdrawal symptoms. It's possible to become physically dependent on G, and need to take it every few hours to avoid withdrawal. It's important not to extend a session by taking G to sleep, or to 'take the edge off' a comedown as this increases the risk of becoming dependent.

**If you are using G every day, it's important to get medical advice before stopping, as withdrawal can be dangerous.**

**Overdosing, falling into a coma and death are real risks with GHB and GBL. Passing out might be something that you are familiar with, but that doesn't make it less dangerous.**



## What to do if someone is going under on G?

- If someone is suffering bad effects like vomiting, convulsions, unconsciousness, don't leave them unattended. Put them in the recovery position, make sure they are breathing and continue to check their breathing until they get up.
- If you feel dizzy or sick, seek help straight away, as this may result in loss of consciousness. If you feel like you might pass out, lay on your side right away.
- If someone falls unconscious - call an ambulance immediately. Keep them on their side so they don't choke if they vomit. Make sure their air passage is clear.
- If you are concerned about someone dial 999.
- Don't be put off from calling an ambulance in an emergency because you are afraid of interaction with the police. Be honest as the ambulance could save somebody's life, but the police can't give a guarantee no action will be taken.

## Fisting tips



Go slowly and gently, use plenty of lube. Don't be scared of communicating how you are feeling, before, during and after fisting. It is important for the receptive partner to express if they feel any pain or discomfort.

- Gloves are recommended for fisting, since even small bumps or hangnails on the fingers may cause discomfort for the receptive partner.
- Gloves will also protect the rectum from bacteria that can live under the fingernails and from other STI's transmitted through blood.
- If gloves are not used, then fingernails should be short, filed smooth and very clean, with no hangnails or open cuts on hands.
- When you are done, be sure to clean up your partner and check for blood, fecal matter and signs of prolapse.

## Do I have a problem?

**Chemsex can enhance and prolong sexual enjoyment, but carries the risk of harm.**

Problems are not just limited to dependence, but may include things like chems impacting on getting to work, on your relationship, on finances, on your sexual health and emotional wellbeing, or by coming in contact with the police. If you think your chem use might be becoming a problem, or if you just want more information about playing more safely, get in touch.