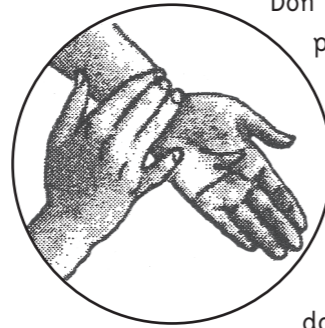


HOW TO USE A TOURNIQUET

You should never use a shoestring to tie-off. Shoestrings compress not only the vein, but also the deeper-lying arteries that carry blood from the heart to the hand.

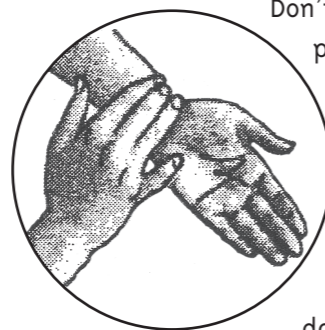


Don't forget to get a tourniquet from a pharmacy or from Fixpunkt. It is especially important to use tourniquets for superficial veins (close to the surface of the body)! You've reached the optimal tie when you can still feel your pulse with the tips of your fingers – don't ever use your thumb!

So remember: Not too tight! This is the only way to ensure that blood is still carried by the arteries towards the hand and then back through the veins. When you tie off, your veins will fill up and become more visible. Make sure you really hit the vein by drawing some blood. Release the tie before you shoot! Because you cannot shoot into a tied-off vein.

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ENGLISH

Fixpunkt Safer Use Infos



Further information and contact:

- verein@fixpunkt.org
- www.fixpunkt.org

Last update: November 2017

Fixpunkt

Ohlauer Str. 22
10999 Berlin

Tips for
Vein Care

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Tips for
Vein Care

HOW CAN I TAKE CARE OF MY VEINS IN ORDER TO MINIMIZE MY RISK OF ABSCESES?

1. Before injecting, wash your arms and hands with hot, soapy water. Note that hot water and vigorous rubbing makes the veins bigger.
2. Use a new, sterile syringe every time you inject or share drugs. If you can't get a new rig, use one which has been well-rinsed and sterilized in boiling water for 15-20 mins.
3. Use clean filters, clean cookers, and clean water every time.
4. Clean the injection site properly with alcohol pads.
5. Avoid injections underneath the skin (subcutaneous) or into your muscles because they increase the risk of abscesses. If drugs don't go directly into the vein, it can result in serious tissue damage.
6. Take care of your veins externally. For example use calendula lotion, and drink enough water. It's harder to miss a hit when you have big veins. A failed injection could lead to an infection and turn into an abscess.

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7. Use a tourniquet. This increases blood pressure in the veins and makes skinnier veins larger around, easier to see, and easier to hit.
8. Slow down. Relax. Take a deep breath to help keep your hand steady so you don't miss. Shaky hands from several days of speed or being dope sick can cause you to miss.
Avoid shooting in your hands, feet, throat, groin or genitals.

WHY AND HOW SHOULD I USE ALCOHOL PADS?

- Alcohol pads remove dirt from your skin if you can't wash it with soap and water.
- They reduce the number of bacteria on your skin.
- They reduce the risks for "tracks" (scars), abscesses, and other infections.
- They stimulate the surface of the skin and make veins visible. Therefore, hard-to-find veins are easier to see and hit, especially if the lighting is bad.
- Alcohol pads should not be used after injecting because they prolong the bleeding!

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HOW IT WORKS

Step 1

Take an alcohol pad and wipe back and forth at the site where you plan to inject. Wipe vigorously. Use as many pads as you need to get dirt off of your skin. But don't stop now. You're not done!

Step 2

Grab a new pad and press down at the spot where you're going to inject. This time, only wipe once in one direction. For the alcohol to kill the bacteria, you need to wait until your skin is dry again. This will reduce remaining bacteria on the injection spot.

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