

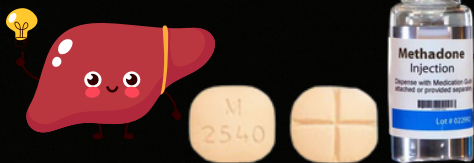


# INFORMATION FOR PEOPLE WHO INJECT METHADONE



## Facts about methadone

Methadone is processed through the liver no matter what the delivery method. HCV, liver cirrhosis, or liver damage can be accelerated by methadone (especially by injection).



## Facts about methadone

Methadone is sugar based. When injected into small veins it will damage vein valves. Damaged valves cause fluid/water to collect and causes edema in extremities—especially in feet and hands.



## To reduce this risk, you may choose to:

### Use wheel filters

.22 µ for methadone syrup (this will filter for bacteria when using liquid)



## Options

### Use wheel filters

1.2 µ for methadone pills (this will filter for solids when crushing pills for injection)



## Options

As methadone is processed through the liver no matter how it is consumed, here are some safe options:

- Ingest methadone orally
- Use **STERILE water or STERILE saline** for injection to curb cravings for injections.
- Use **STERILE tips and barrels**

## Benefits of injecting **STERILE** water or saline

- Saline/water is sterile
- Syringes are sterile
- Needles are sterile
- Do not need a wheel filter
- Can use smaller needles for injection for sustained vein health

\* Use 1 part salt to 100 parts water/saline (saline can also be purchased online)

## CHOOSING AN INJECTION SITE

Rotating veins is important to ensure sustained vein health. Over time, veins can become damaged or leaky, leading to veins being unusable.



## Rotate veins

Vein health is important, so remember to rotate! Practice with your other hand, so when your veins need to rest and repair you have options.



**HARM REDUCTION & TESTING SERVICES**  
 710 W Broadway Ave  
 Minneapolis, MN 55411  
 612-267-0305 or 612-223-3682

**Syringe Service Hours:**  
 Tuesday and Wednesday 2-5pm  
 Thursday and Friday 11am-5pm



# VEIN HEALTH FOR PEOPLE WHO INJECT METHADONE



## Special things to note

Syrup needs to be diluted. Dilution should be no more than 1 to 1 ratio, more liquid can damage your veins.

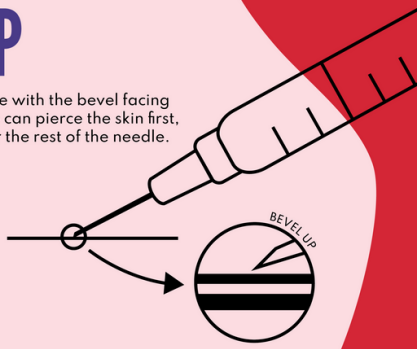
Insert the needle into your vein with the **needle bevel (opening) facing up**, at a 15 to 35 degree angle, and always shoot towards the heart. The more vertical the needle is to the injection site, the greater chance you have of sticking the needle through the vein instead of into it.

## Alcohol pads are a must!

Any time you inject intravenously, you risk pushing bacteria, fungi, and any other infection-causing microbes that are on your skin directly into your bloodstream. Alcohol pads are a must. Be sure not to touch the injection site with your fingers after you've cleaned it.

## BEVEL UP

Position the syringe with the bevel facing up so the sharp tip can pierce the skin first, easing the way for the rest of the needle.



[www.bvlup.com](http://www.bvlup.com)

Bevel Up brought to you by NASTAD

## MISSED SHOTS & AFTERCARE

Missed shots can cause pain, infection and abscesses.

- Do not apply creams, salves or oils.
- Do clean with warm water and soap to keep infections at bay.
- Do use a warm compress to reduce irritation and help skin heal.

## Dirty Hits

A "dirty hit" is a general term for a shot that makes someone sick or causes an abscess. Dirty hits can be caused by any number of things, such as:

- contaminants in the water you used to dissolve your drugs;
- bacteria, fungi, or other microbes from old cottons;
- chemicals in a cigarette filter that was used to filter a shot;
- adulterants or contaminants in the drugs themselves; or
- not properly cleaning the skin prior to injection.

## Wheel Filter correctly installed



## Other Possible Side Effects

- Vein damage
- Shakes
- Abscesses
- Systemic Function Loss:
  - Slow breathing
  - Slow response time
- Cellulitis
- Endocarditis
- Thrombosis (blood clots)

## Things to consider

- Increased risk of Bacteremia/Fungemia
- Methadone medication not sterile
- Measuring equipment not sterile
- Take home containers not sterile
- Syrup suspension not sterile

\*Methadone contains Sorbitol and its metabolites, this can cause lactic acidosis



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