

Tap or Bottled water will also work just fine :)

Lube is optional but recommended to avoid tearing. If you don't have lube spit works too!

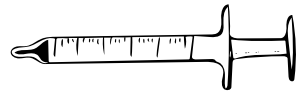
Try to poop before. This is so your drugs are absorbed better.

# TIPS BEFORE STARTING

## STEPS

- 1 Place your drugs in an unused cooker. Make sure to crush up your drugs to help it dissolve.
- 2 Put 1 mL of clean water into your cooker.
- 3 Mix the water with your drug so it dissolves well. To help this process, you can heat it up.

If you heated up your drugs, allow time for it to cool. Next, draw up the mix into the syringe barrel.



• Four 1ml syringe barrels



• A little scoop

• Lube



• Two cookers, to mix your drugs  
• Four sterile waters

In this kit, you will find:

## SUPPLIES

5 Put lube/spit on the tip of the barrel.

Stand, squat, or lay on your side in a comfortable position. It never hurts to have a boofing buddy!

Take a deep breath and relax

Push the barrel in about 1-2cm & push the plunger

Take out the barrel and dispose in a sharps bin

That's it!  
Enjoy yourself and remember to wash your hands.



Our bodies need time to heal after using drugs. Switching up how you administer drugs helps give your nose, veins muscles, and rectum the breaks they need.

People enjoy boofing because you can reach other routes of administration.

## WHY DO IT?



Southside Harm Reduction Services  
Minneapolis, MN  
Deliveries: (612)-615-9725  
Linkage to Care: (612)-355-1267

Drugs are absorbed by blood vessels in the rectum and reach the bloodstream quickly.



Booty bumping (aka "booting" or "plugging") is the process of ingesting a drug through the rectum (anus, butthole) as a route of administration

## WHAT'S BOOTY BUMPING?

# BOOTY BUMPING 101



Southside Harm Reduction Services

