

Transitioning Routes of Administration

From Snorting to Injecting to Eating to Smoking to Booty Bumping

“Any transition serious enough to alter your definition of self will require not just small adjustments in your way of living and thinking but a full-on metamorphosis,” *-Martha Beck (2004)*

What are routes of administration?

This is the way you take the drug. Whether it be by eating it, snorting it, smoking it, injecting it, or booty bumping it (absorbing drugs through your rectum lining)

What do you mean by transitioning?

Switching from a primary route of administration to another. Such as going from eating a drug to snorting it.

Is there a best route of administration?

No. There are pros and cons to each route of administration and some may only work with certain drugs. This is why people add acids to drugs to make it injectable or add bases to drugs to make them smokable. Sometimes, the best route of administration for you can change. Is your nose bleeding from over-snorting? Maybe it's time to change it up. Can't hit a vein? Maybe it's time to change it up. Are you getting stomach aches or pooping blood from booty bumping? Maybe it's time to change it up. Remember, you can always switch back and forth according to what you're needing at the moment.

quick effects sometimes make it harder to stop using and may increase the cravings (adding this because many stated on the participant surveys that they wished they had known how addicting injecting can be), risk of infection along with potential damage to veins and other health conditions related to injecting, fear of injecting or blood, short lived effects compared to other routes of administration

- **Reasons for transitioning out of injecting:** damage to injection sites, damage to veins, issues accessing sterile syringes, too much time to find a vein due to vascular damage or other complications from injecting.
- Sometimes you can't hit a vein but still want to get high. This happens to a lot of folks; luckily there are other options for when this happens.

Booty bumping, plugging, boofing (absorbing drug through rectum)



- **Reasons to transition to booty bumping:** a rush not as intense as injecting but more intense than smoking for some, doesn't last as long as eating the drug,
- **Reasons for not booty bumping:** not wanting anything up your rectum, for best effect you need to poop and have an empty colon,
- **Reasons for transitioning out:** stomach aches, rectal pain, blood in poop, all which may occur

Injection (vein/IV, muscle/IM)



- **Reasons to transition to injecting:** efficiency (same effect for less drug), the rush, drug usually comes on the quickest through injection,
- **Reasons for not injecting:** the rush and the

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after consistent use,

protect your lungs, reduce risk of damage to the lungs, stop coughing

Snorting

- **Reasons to transition to snorting:** comes on fast but not as fast as smoking or injecting, short drug effect compared to other routes,
- **Reasons for not snorting:** not wanting to snort anything, fresh nose piercings, recent damage to the nose, nosebleeds
- **Reasons for transitioning out:** damage to nasal passages and septum, dislike drip, irritation from some drugs causing too much pain, ongoing nose congestion issue.



- **Reasons for transitioning out of smoking:** drug isn't lasting long enough, inability to inhale or breathing issues

It's important to remember that some routes can make the same dose feel stronger or have a higher overdose risk.

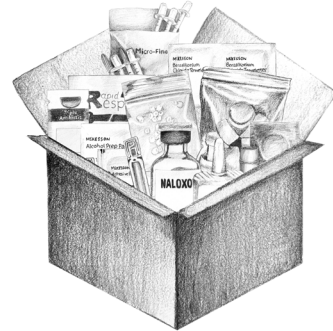
This is especially important when using opioids since smoking & injecting have greater overdose risk. Start with a lower dose than usual to gauge how the dose affects you through this route.

Transitioning and changing between routes of administration has benefits.

You have options! Knowing about your options can help you decide what works for you.

Oral (eating it/stomach)

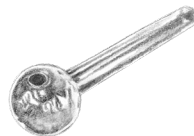
- **Reasons to transition to oral:** it's easy to eat or swallow drugs, it lasts longer than every other route of administration, carries the least amount of "addictive potential" because it takes longest to kick in (not as much instant gratification)
- **Reasons for not eating your drugs:** takes longer to kick in usually around 30-60 minutes for most drugs (an empty stomach may help it kick in faster with the risk of a stomach ache), no rush, lasts too long
- **Reasons for transitioning out of oral use:** eating drugs can cause stomach aches, you want your drugs to last a shorter amount of time.



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Smoking

- **Reasons to transition to smoking:** second fastest route of administration next to injecting, the faster the onset the faster the rush (usually), shortest duration, a rush not as intense as injecting but more intense than booty bumping for some,
- **Reasons for not smoking:** want to feel high for longer with the same amount of drug, want to



For more information & resources about safer injection and use, visit:

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