

How to Prepare Nasal Sprays for Drug Use

Why use a nasal spray bottle?

- It's an easy way to know how much you're taking and avoid overdosing
- It's discrete and stealthy; a nasal spray doesn't look like drugs
- It hurts less than snorting drugs without water
- It helps keep nasal passages moisturized

Can I use a nasal spray for all drugs?

- No. This method works best for drugs that dissolve in water such as opioids like heroin and fentanyl, stimulants like powder cocaine and methamphetamine, and ketamine
- Some drugs that don't dissolve in water include crack cocaine, THC, and benzos like xanax or alprazolam. Cuts and binders usually aren't water-soluble; think of mixing water and oil, they don't mix into a single liquid

Disclaimer:

The risk of sharing a nasal spray is similar to sharing straws for snorting. It's going up the nose and the spray bottle may come in contact with blood and other bodily fluids. If someone has a cut or nose bleed there is risk for infection transmission

Materials needed:



Empty glass nasal spray bottle with a measured pump (about \$10 online for a few)

This guide assumes you're using a 20ml bottle with 0.1ml sprays but any size can work or spray amounts can work (the nasal spray calculator may help)



Milligram/mg scale (about \$20 online)

It should be a "0.001g" scale. Don't buy one that says "0.01g"



Syringe without a needle (any size works)



Clean water (sterile, distilled, bottle, or tap water works)

Saline water could be used and its not needed but could reduce some of the damage caused to nasal passages by dryness due to drug use

This resource is a living document that we will continue to update and refine. If you have input about how the information contained here could be improved or if you have new content to add, please email us at content@nextdistro.org.

Steps:



1. Put the cooker (or any similar container you can heat up) on the scale and tare the scale (reset it to zero). The scale should read 0.000g, make sure it's set to grams (g).



2. Add your drugs to the cooker. Let's use 1 gram of drug as an example. If you're using exactly 1 gram of drugs, the scale should say 1.000g



3. Using an oral syringe, fill the cooker with water and mix it with the drugs
 - If it dissolves (drug mixes with water so you don't see little bits floating around), you can continue to the next step
 - If it doesn't dissolve, you can gently heat the cooker until the drugs dissolve
 - How much water should I add? Read below and refer to the calculator if needed



4. Transfer the drug and water mix to the glass nasal bottle using the syringe. You also double check that your drugs are dissolved in the water at this step.
 - If your drug separates from the water, you can gently heat and shake the bottle to make sure the drugs dissolve completely with the drugs



5. Your nasal spray is ready (sort-of)
 - Before using it, it's important to know how much drugs one spray will give so you can get exactly how much drugs you want per spray
 - This requires doing some math but if it seems hard or you want to double check that you did it correctly you can use the nasal spray calculator

How to find out much drugs you will get per spray:

1. Find out how much water fits in your nasal spray and how much of that water is given per spray
 - Nasal sprays usually hold between 10 and 30ml of liquid
 - Nasal sprays usually deliver 0.1ml of that liquid per spray

2. As an example, let's walk through adding half a gram, 1 gram, and 2 grams of drugs into 5ml, 10ml, and 20ml of water. Let's start with 5ml and half, 1, and 2 grams of drugs.
 - If you add 1/2 gram to 5ml of water. Each spray will have about 10mg of drug
 - If you add 1 gram to 5ml of water. Each spray will have about 20mg of drug
 - If you add 2 grams to 5ml of water. Each spray will have about 40mg of drug
3. The advantage of using a nasal spray is the power to easily choose your dose
 - Less concentrated means more liquid in your nose, less burning, and possibly a drip (meaning you're swallowing some drugs)
 - More concentrated means less liquid in your nose, more burning, and likely no drip if you're only doing about 2 sprays per nose before the liquid dries
 - What happens if you add 5ml more of water to your existing mix?
 - If you add 1/2 gram to 10ml of water. Each spray will have 5mg of drug
 - If you add 1 gram to 10ml of water. Each spray will have 10mg of drug
 - If you add 2 grams to 10ml of water. Each spray will have 20mg of drug
 - What happens if I just filled the 20ml bottle to the top with water?
 - If you add 1/2 gram to 20ml of water. Each spray will have 2.5mg of drug
 - If you add 1 gram to 20ml of water. Each spray will have 5mg of drug
 - If you add 2 grams to 20ml of water. Each spray will have 10mg of drug
4. Remember to shake the bottle before every use to make sure the drug is evenly distributed in the water and clean it out with soap and water after emptying it. Shaking the bottle may leave drug residue on the walls. This water residue on the nasal spray walls can be re-used before cleaning it out with soap and water. The amount could be compared to the leftovers from used cotton/filter. Be careful because the residue water could be potent and hard to know exactly how much is in it. Start low and go slow.
5. Your nasal spray is ready to use. If you don't like math or want to check if you did your dose calculations right, you can use the nasal spray calculator

What is the nasal spray calculator? Why should I use it?

- The calculator helps you figure out three things you need to know to accurately dose your drugs with a nasal spray
 - The amount of liquid you want in your nasal spray
 - The total amount of drugs you want in your nasal

Nasal Spray Calculator			
Amount of liquid in nasal spray bottle	Enter Number -->	20 ml	Use this calculator when you know the amount of liquid you want in the bottle and the total amount of drugs you want in the bottle. The calculator will tell you the amount of drugs delivered per spray.
Total amount of drugs in nasal spray bottle	Enter Number -->	200 mg	
Amount of drugs delivered per spray (assuming 0.1ml of liquid per spray)	Leave Blank -->	1.00 mg	
Amount of liquid in nasal spray bottle	Enter Number -->	20 ml	Use this calculator when you know the amount of liquid you want in the bottle and the amount of drugs you want per spray. This calculator will tell you the total amount of drugs needed in the bottle.
Total amount of drugs in nasal spray bottle	Leave Blank -->	300 mg	
Amount of drugs delivered per spray (assuming 0.1ml of liquid per spray)	Enter Number -->	1.5 mg	
Amount of liquid in nasal spray bottle	Leave Blank -->	6.67 ml	Use this calculator when you know the total amount of drugs you want in your bottle and the amount of drugs you want per spray. This calculator will tell you the amount of liquid needed in your bottle.
Total amount of drugs in nasal spray bottle	Enter Number -->	100 mg	
Amount of drugs delivered per spray (assuming 0.1ml of liquid per spray)	Enter Number -->	1.5 mg	

Doses for snorting drugs	Very light	Light	Medium	Strong	Very strong
Meth	5mg	5-10mg	10-30mg	30-60mg	60mg+
Heroin	5mg	5-20mg	20-40mg	40-60mg	60mg+
Cocaine	5mg	5-30mg	30-60mg	60-90mg	90mg+
Ketamine	5mg	5-30mg	30-75mg	75-150mg	150mg+

Note: Tolerance can vary. This is a rough guide that assumes low tolerance. If you find yourself needing way more drugs than is on this guide, you might have a tolerance or your drugs may be cut with stuff that won't get you high.

When to use each calculator:

1. Use the first calculator when you know the amount of liquid in your bottle and the amount of drugs you want in your nasal spray. The calculator will tell you the amount of drugs you will get per spray.
2. Use the second calculator when you know the amount of liquid in your bottle and the amount of drugs you want per spray. The calculator will tell you the total amount of drugs you will have in your nasal spray.
3. Use the third calculator when you know the total amount of drugs you want in your nasal spray and the amount of drugs you want per spray. The calculator will tell you the amount of liquid to add to your bottle.

How to use the calculator:	
1. Add a number in the light green colored boxes	
2. Your calculation will be in the light blue colored boxes	
3. If you get a decimal number, that's okay	
4. Double and triple check to make sure your numbers makes sense	

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- The amount of drugs you want per spray of the nasal spray
- The calculator helps you figure out one amount if you know the amounts of the other two numbers. Remember, you can always mess around with the numbers before you prepare the spray to have an idea of how strong you want the spray.
- Finding those numbers helps you know how concentrated your nasal spray is

- deliver twice as much drug. If you add even less water, like 5ml you will be getting 10mg per spray making the spray even stronger
- 6. If you want it weaker (less drugs per spray) add more water or less drugs
 - For example, using 500mg of drugs and 40ml of water. If you type those numbers in you should be getting 1.25 mg per spray meaning your sprays deliver half as much drug. If you add even more water, like 80ml you will be getting 0.63mg per spray making the spray even weaker

How to use the nasal spray calculator:

View Calculator

1. Find two of these three numbers. If you know two of them, the calculator will give you the third one.
 - Number 1 - The amount of liquid you want in your nasal spray. This can be a number like 5, 10, or 20ml. Type that number into the "Amount of liquid in nasal spray bottle" box
 - Number 2 - The total amount of drugs you want in your nasal spray
 - Number 3 - The amount of drugs you want per spray of the nasal spray
2. Let's say you decide to use 500mg of drugs and have a 20ml nasal spray bottle but aren't sure how strong it will be
3. Use calculator #1 and type 500 for "total amount of drugs in nasal spray bottle" and type 20 for "amount of liquid in your nasal spray bottle"
4. If you did this right, the number next to "Amount of drugs delivered per spray (assuming 0.1ml of liquid per spray)" should be "2.5" mg. This means that if you add 20ml of water and 500mg of drugs to the nasal spray, you will be getting 2.5mg per spray
5. If you want it stronger (more drugs per spray) add less water or more drugs
 - For example, using 500mg of drugs and 10ml of water. If you type those numbers in you should be getting 5mg per spray meaning your sprays

For more drug-specific information & resources, visit:

www.nextdistro.org/resources

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