

**BOOTY BUMPING
WATER DRIPPING**

INJECTION ALTERNATIVES

Membranes

Fentanyl and other drugs can be unevenly mixed in pills or powders. This can make it harder to predict the strength of each dose, which is how a lot of overdoses happen. Using a water solution can make it easier to standardize your dose. Drugs absorb quickly through the walls of the rectum, so go slow and keep your naloxone out and obvious.

BOOTY BUPING

Booty bumping involves mixing drugs with water and inserting it into your rectum. If done right it's a good alternative to snorting, smoking, or injecting. Because it hits you faster than smoking, snorting, or swallowing, it's still possible that you can OD or overamp.

1. Crush or cook your drugs and mix with 2ml-3ml of sterile water (a little less than a tablespoon)
2. Break the point off a syringe (dispose of it safely) or use a lube applicator (Lube applicator, lube shooter, or lube launcher are most effective because they're designed to deliver fluid to the rectal cavity. It also holds more liquid than a syringe)
3. Add lubricant to your anus or the barrel of the syringe or lube shooter to prevent tears and bleeding
4. Lie on your side or find a position where you can reach to insert the syringe into your rectum
5. Try to relax, and gently insert the syringe and slowly press the plunger to the base (hold onto the base so you don't lose it.)
6. After a few minutes, carefully pull the syringe out

Risks associated with booty bumping

Tearing

You might damage the tissue of the rectum if you booty bump, especially if you do it frequently. Damage to the rectum and bleeding can increase the risk of HIV and STI transmission during anal sex (and can also be painful).

To reduce this risk, it can be helpful to alternate between booty bumping and other modes of administration such as snorting or smoking. Booty bumping frequently over a short period of time does not give the tissue enough time to heal, so it's best if you can limit yourself to booty bumping no more than a couple of times a week—with a few days off in between.

WATER DRIPPING

Water dripping involves mixing a drug solution and using a dropper or syringe to spray it up your nose, allowing for absorption through the nasal membranes. Water dripping is more effective than snorting (liquid helps absorption) so go slow and keep your naloxone out and obvious.

1. Make sure powders or pills are finely crushed to reduce irritation.
2. Use sterile water or bottled water if possible.
3. Add more water than you would when prepping a shot for injection
4. Prep small amounts of solution—storing mixtures can grow bacteria or mold, which can be VERY DANGEROUS, especially when dosing so close to your brain

5. Break the point off a syringe (and dispose of it safely) or use a dropper to spray it up your nose
6. Test each new mixture for strength because you can still OD

