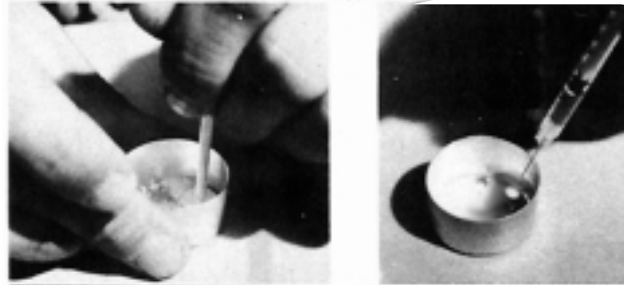
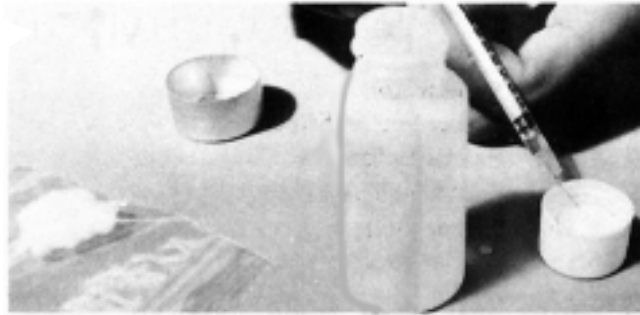


Get your stuff ready

- 1) Have a cooker, water, syringe, citric or ascorbic acid ready.
- 2) Put crack and citric or ascorbic acid (about a pinch to a slab) in your cooker. Add plenty of water.
- 3) Smash and mix well.
- 4) Add your cotton and draw up into the syringe



Take care of yourself

- 1) Drink plenty of fluids. Juice, water, Gatorade, drink whatever you can.
- 2) EAT—nutrition is important
- 3) Take a vitamin. Extra vitamin C is a plus!
- 4) Take care of your veins. Rotate your injecting spots, use an antibiotic ointment in your spot.

Get a vein ready

- 1) Tie off, find a good vein and clean your spot with an alcohol wipe
- 2) Insert the needle; make sure you are in a vein by *registering* (pull the plunger back a little to see if blood comes in)
- 3) Take off the tie first. *Slowly* push the plunger in for injection. This prevents damaging or collapsing veins.
- 4) Withdraw the needle. Put pressure on your spot for about a minute. Use clean tissue, cloth, or anything handy.



ASCORBIC
ACID

CITRIC
ACID

This pamphlet was developed by the Bridgeport Needle Exchange Program, Bridgeport, CT.

Funded by Drug Policy Foundation

Remember!!

- 1) Never share a syringe, cooker or cotton.
- 2) Always use a new syringe with every injection.
- 3) Rotate veins. Use a different vein as often as you can.
- 4) Always clean your injection spot with an alcohol wipe before getting off.

Use citric acid or ascorbic acid!!
Vinegar and lemon juice have fungus and bacteria in them that can lead to serious infections!!

If you are Speedballing

- 1) Prepare your dope as normal
- 2) Add crack, citric acid and follow instructions in #2

**For drug rehabilitation
call:**

Shoot Smart Shoot Safe

Tips for
safer crack injection

