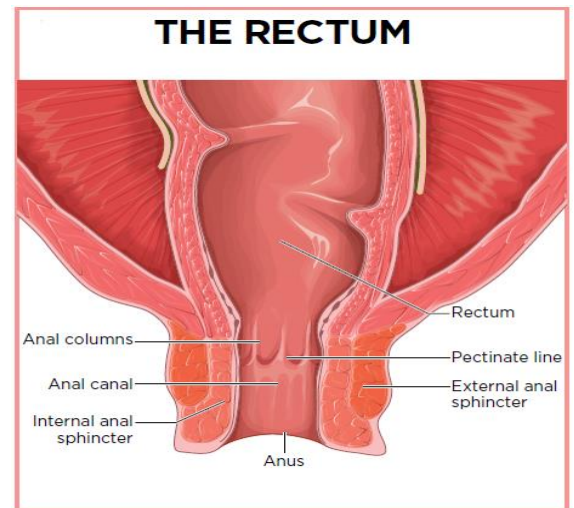


How to Booty Bump Drugs Safer

What is booty bumping?

Booty bumping involves using drugs through the rectum. It is also called boofing, plugging, hooping, up your bum, and UYB. Drugs often used by booty bumping include stimulants (cocaine, methamphetamine) and heroin. Drug effects may occur within minutes and can last for hours, depending on which drug(s) were used.

As shown in the picture to the right, the anal canal is the area with where the most absorption happens.



What are the risks of booty bumping?

- ✓ Inserting drugs directly into your rectum ("stuffing") can cause tear the internal tissue, especially with rocky and crystal drugs. This can lead to pain, bleeding, and infections.
- ✓ Reusing supplies or using non-sterile supplies to insert drugs (e.g., funnels, tampons, fabrics) can introduce germs and cause infections.
- ✓ Sharing equipment increases the risk of infections, such as human immunodeficiency virus (HIV) and other sexually transmitted infections (STIs).
- ✓ The rectum is very efficient at absorbing a high percentage of a drug into your bloodstream. You can experience a stronger effect of the drug in a shorter time which increases the risk of drug overdose.
- ✓ Too much stimulant can cause "over-amping", or extreme anxiety, paranoia, and hallucinations.
- ✓ Too much heroin and other opioids can cause your breathing to slow down, overdose, and death.

Planning for safer booty bumping:

- ✓ Select a safe and relaxed space.
- ✓ Always use with a friend or around other people. If you are alone, call the Never Use Alone hotline at (800) 484-3731 or visit <https://neverusealone.com/>. An operator will stay on the line while you use. If you drop out, they'll call 911, reporting an "unresponsive person" at your location.
- ✓ Have a naloxone (Narcan) kit on hand to reverse an opioid overdose.
- ✓ Test your drugs for fentanyl, a powerful opioid that increases risk for overdose.

How to booty bump safer:

- ✓ Poop first if needed. Wash your rectum and hands with soap and water.
- ✓ Plan for how much you will be using. Start low and go slow.
- ✓ Prepare your own equipment and avoid sharing.
- ✓ Prepare your sterile syringe with no needle tip, sterile water, and a clean cup. As an alternative to syringes, some people use lube applicators (also called lube injectors, shooters, and launchers).
- ✓ Use the syringe or applicator to measure water and squirt into the cup. Measure and mix drug(s) into the water. Stir until dissolved. Any remaining solids may be filler material. You can try to filter these out using a clean coffee filter. Draw mixed drug into the syringe or applicator.
- ✓ Add lubricant to the first centimeter on the outside of the syringe or applicator.
- ✓ Find a comfortable position. This could be on your stomach, back, side, or standing with one leg raised on a chair.
- ✓ Slowly insert the syringe. You don't need to go very deep, 1-centimeter works. If you feel tight, make a farting motion to loosen up. Press the plunger to empty contents.
- ✓ Leave the syringe in place for a few minutes. This prevents liquid from dripping out.
- ✓ Remove and safely dispose of the syringe. Wash your hands with soap and warm water.

Caring for yourself after booty bumping:

- ✓ If possible, avoid bottoming after booty bumping. This can tear your rectum and increase the risk for infections. Otherwise, wait at least half an hour and be sure to use a condom.
- ✓ Alternate between booty bumping and other routes for drug use. Or, you can limit to booty bumping a few times a week. This will allow your rectal tissue and skin time to heal.
- ✓ Avoid booty bumping if you have hemorrhoids.
- ✓ Take care of yourself. Drink water to stay hydrated. Make sure to eat and get sleep.

Where can I access clean supplies for booty bumping?

- ✓ Free syringes, syringe disposal containers, safer sex supplies, hygiene and wound care supplies, naloxone (Narcan), and fentanyl test kits are available at the VA. **Contact Dr. Tessa Rife at 415-319-1193 if you need supplies.**
- ✓ Syringes, syringe disposal containers, condoms, and some wound care supplies are also available as a prescription at the VA. Ask your medical provider if you need supplies.
- ✓ Check the CITYWIDE NALOXONE/NARCAN & HARM REDUCTION SUPPLY SCHEDULE for additional resources available in the community.