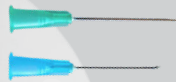


## CHOOSING THE RIGHT NEEDLE



- The greater the gauge number (G), the smaller the diameter of the needle.
- A 0.8 mm green needle (21 G) is often suitable for drawing up the solution.
- A 0.6 mm blue needle (23 G) is often suitable for injecting the solution.
- It is critical to draw the solution with one needle and then change the needle before injecting the solution to avoid the needle getting dull or fragments of glass or plastic getting into the syringe.
- A 25–40 mm needle is often a suitable length.
- Choose a needle that is long enough to prevent the injection from remaining in the adipose tissue and to ensure that it travels all the way into the muscle.
- A thicker oil-based substance requires a thicker needle than a thinner water-based substance

### General guidelines for risk management:



#### AVOID

- Using several different substances simultaneously.
- Stimulants and intoxicants while using anabolic steroids.



#### REMEMBER TO

- Keep the doses moderate.
- Take breaks from the use of anabolic steroids.
- At a minimum, measure your blood pressure, cholesterol levels and liver enzymes.
- Eat a healthy diet (low in salt and saturated fats, high in vegetables, fruit and berries).
- Engage also in aerobic exercise. It is good for your cardiovascular health.

More information  
[dopinglinkki.fi/en](https://dopinglinkki.fi/en)



Dopinglinkki

## SAFER INJECTION OF ANABOLIC STEROIDS

**Don't gamble with your health**

This guide is written for people who inject testosterone and/or anabolic steroids.

The purpose of this guide is to reduce potential harm resulting from injecting these substances.

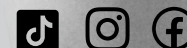
Anabolic steroids have an effect on almost all organs. The most serious adverse effects are usually cardiovascular, reproductive, liver and mental health problems. Some of the changes anabolic steroids cause are reversible, while others are not. The adverse effects vary from person to person.

**Using anabolic steroids is never completely risk-free.**

### THE RISK OF INJECTION

- An incorrect injection technique or injection site may cause a vein to rupture, or it may lead to muscle injury, nerve damage or even paralysis.
- Injection involves the risk of infection, sepsis, abscesses and adipose tissue inflammation.
- In the worst cases, the damage can be life-threatening.
- You can never be sure of the actual composition and purity of substances bought on the black market.
- Used and shared needles involve the risk of hepatitis and HIV infections.

**For acute conditions, seek medical attention.**



## THE STEPS OF INJECTION

### 01 Hygiene

- Wash your hands first, then wash the injection site with soap or wipe it clean with an alcohol swab.
- Never share or reuse used needles, syringes or other injection equipment with others.
- Always use new, sterile equipment every single time you inject.

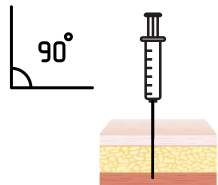


### Equipment 02

- A biohazard container
- A sterile 2–3 mm syringe
- One drawing up needle, 1.2–0.6 mm (18–23 G), for drawing the substance from an ampoule/bottle
- One injection needle, 0.9–0.5 mm (20–25 G), for injecting the substance into a muscle
- A piece of cotton wool or some clean tissue
- Alcohol swabs

### 03 Preparations

- Use only water that is intended for injections.
- Do not use tap or bottled water.
- Use a drawing up needle or filter needle to draw the substance into the syringe.
- Never inject more than 2 ml at once. The smaller the muscle, the lower the dose.



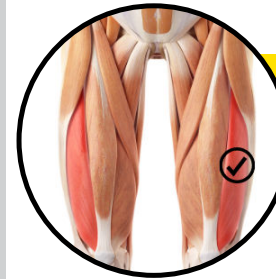
### Injecting 04

- Relax the muscle to be injected.
- Hold the needle like a dart.
- Insert the needle at a 90-degree angle and push the needle through the skin into the muscle.
- Push the needle in about 2/3 of its length, leaving 1/3 of it visible.
- Draw the plunger back slightly to check that no blood enters the syringe. If it does, you have hit a vein or artery. Change the needle and try again.
- Severe pain is a sign that you have hit a nerve!
- Push the plunger in slowly (minimum 5 to 10 seconds) to dispense the substance into the muscle.

### 05 After the injection

- Apply pressure on the injection site for a few minutes with a clean cloth, swab or tissue.
- Put the used instruments in a biohazard container.
- Return the used instruments to a pharmacy or a needle and syringe exchange point.
- Minor bleeding at the injection site and minor pain and itching are normal reactions that should disappear in a few days.

## INJECTION SITES

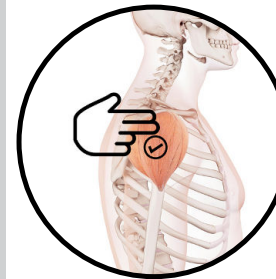
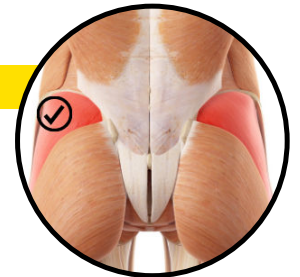


### Vastus lateralis muscle, needle length 25 mm/1"

- ✓ easy to inject
- ✓ not much adipose tissue
- ✓ a safe injection site

### Ventrogluteal site, 38–50 mm/1,5"–2"

- ✓ the safest injection site
- ✓ thick muscle, not much adipose tissue
- ✗ finding the right spot

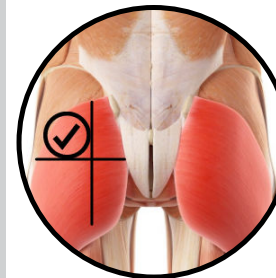
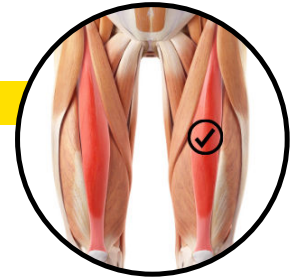


### Deltoid muscle, 25–38 mm/1"–1,5"

- ✓ easy to inject
- ✗ small muscle

### Rectus femoris muscle, 25 mm/1"

- ✓ easy to inject
- ✗ close to the veins in inner thigh



### Upper outer quarter of the gluteus muscle, 38–50 mm/1,5"–2"

- ✗ close to the sciatic nerve
- ✗ a lot of adipose tissue