

South Side Harm Reduction:

Tips to Decrease Injection Related Infections



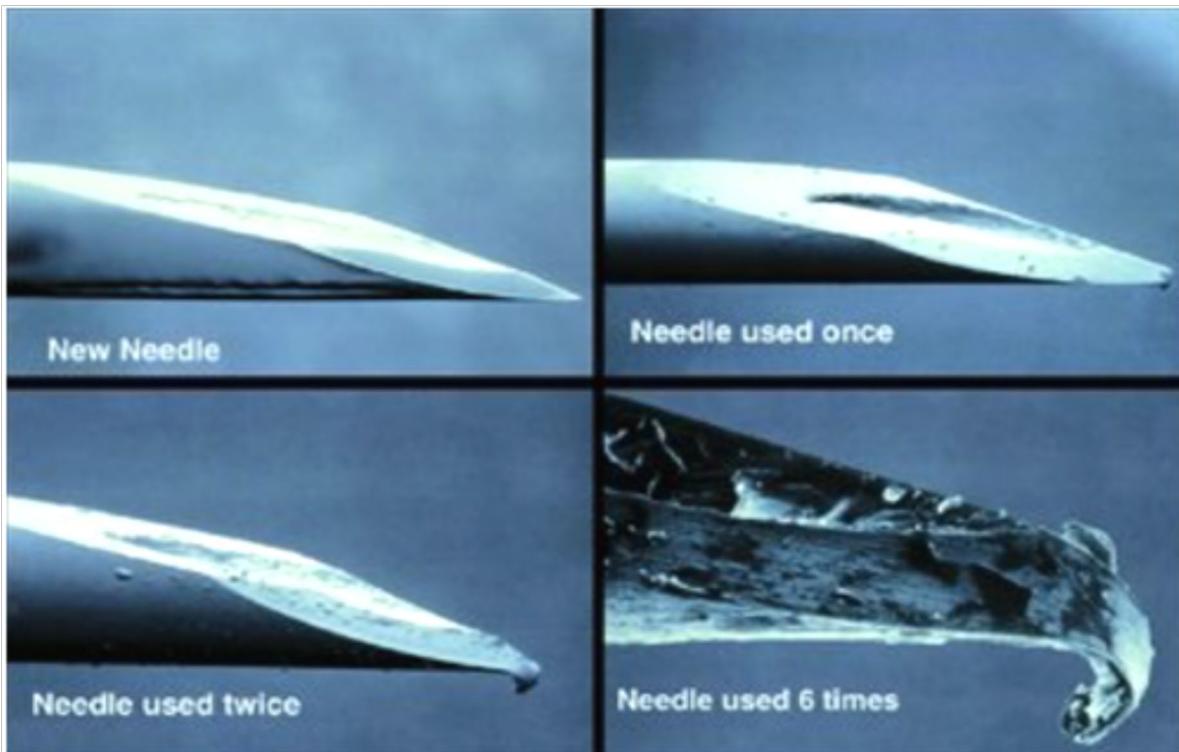
STEPS:

- Clean surface
- Wash hands
 - Mix drug (“cooking”)
- Draw through filter (also called a rinse)
 - Don’t share rinses
 - Discuss risk of re-using
- Find site (at least 1 inch from last site), clean skin
- Tourniquet
- Inject (don’t lick needle!)
- Band aid

ASK ABOUT PREP AND PEP FOR HIV

Supplies:

1. **Clean Bottle** for mixing water and bleach
2. **Bleach** to disinfect used syringes when a clean one isn’t available
3. **Bandages** to help avoid infection after injecting
4. **Sterile water** to mix the drug with
5. **Tourniquet** to “tie off” above the injection site.
6. **Bottle cap** for mixing water with the drug before it’s drawn up into the syringe (commonly called “cooker”)
7. **Cotton balls** to trap dirt and debris as the drug, mixed in water, is pulled into the syringe.
8. **Syringes** don’t come inside the kit but are provided at distribution sites.
9. **Step-by-step injection instructions**
10. **Alcohol swabs** to clean the injection site before insertion.



TIPS:

1. Water:

- Don't use water that's been sitting out uncovered.
- If you are using bottled water, put the cap back on after taking the amount you need out.
- Use the sterile needle to draw the water out and immediately cap it.
- Boiling water and letting it cool sterilizes it.
- Tap water which has been running is better than water that's been sitting out exposed to air.

2. Alcohol Swabs: clean the injection area and before actually injecting do one decisive swabs in one direction with a new swab. Don't rub around or go back and forth because you're just moving bacteria back into the injection site.

3. Tie/Tourniquet:

- Remove the tie before pushing the plunger in.
- Always use a tie; the vein is more accessible and easier to hit.

4. If you miss, use a new needle if you can. The sharper the better and they get dull quick

5. Rotate injection sites

6. Cleaning rig:

- If you rinse a rig with bleach, rinse it again with cold water.
- Always use cold water- Warm water causes blood to clot and doesn't do as good a job washing the bleach away
- Don't boil syringes

7. If you have a stock of water, only use brand new needles to draw up water to put in a cooler. Don't put a rig you or someone else has already used back into the clean water, as that will contaminate it.

Microdosing Instructions

Plan: to induce onto buprenorphine, without having to stop current opioids, will perform micro induction: I discussed the following with the patient and have ordered the following:

Induction with buccal films, while continuing agonist opioids:

very low dose, with **belbuca**, a **buccal form of buprenorphine**:

day 1: 75 micrograms **belbuca buccal film** QID

day 2 150 microgram **belbuca buccal film** QID

day 3 is 450 microgram **belbuca buccal film** QID

day 4 **transition to sublingual subutex 2/0.5 mg tabs**: 1 mg (1/2 a tab) QID

day 5: 4 mg BID **sublingual suboxone** (4/1 mg film)

Subsequent days: continue this dosing if acute pain requiring agonist opioids. Otherwise, stop other opioids and increase to 8-2 mg BID

Suboxone (buprenorphine/naloxone) Home Induction Instructions

For some people, the “classic” induction with Suboxone (waiting until withdrawing) isn’t helping people feel well. Another method is called microdosing. By slowly increasing the Suboxone in your body every day, some people are able to start Suboxone without going into withdrawal.

You may need to use your usual substances for the first few days to control withdrawal symptoms.

Most people can stop this around day 3.

Day 1: 0.5mg once

Day 2: 0.5mg twice a day

Day 3: 1mg twice a day

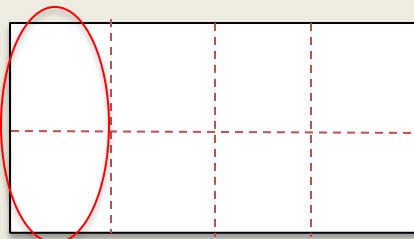
Day 4: 2mg twice a day

Day 5: 4mg twice a day

Day 1

Take ____0.5____ mg ____1____ times today.

You will need to cut a 1/4 sized piece off a ____2____ mg film.

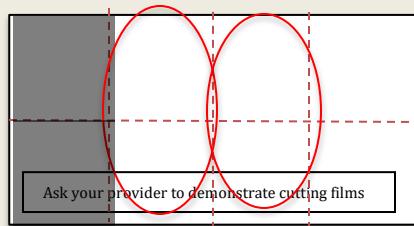


Ask your provider to demonstrate cutting films

Day 2

Take ____0.5____ mg ____2____ times today.

You will need to cut two 1/4 sized pieces off a ____2____ mg film.

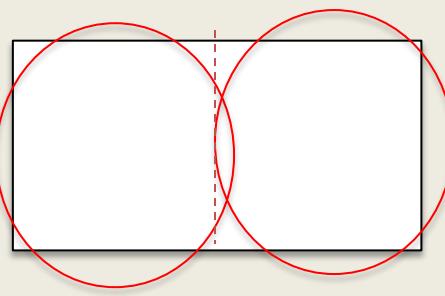


Ask your provider to demonstrate cutting films

Day 3

Take ____ 1 ____ mg ____ 2 ____ times today.

You will need to cut a ____ 2 ____ mg film into ____ 2 ____ pieces.



Day 4

Take ____ 2 ____ mg ____ 2 ____ times today.

You will take a whole 2 mg film twice today.

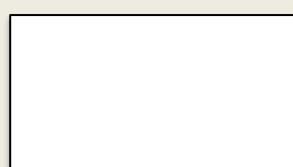


NEW FILM prescription!

Day 5

Take ____ 4 ____ mg ____ 2 ____ times today.

You will take $\frac{1}{2}$ of a 8 mg film twice today.



Day 6:

8 mg films

take 8 mg 1-2 times a day depending on how you feel

Provider info:

Day 1: 0.5mg once

Day 2: 0.5mg twice a day

Day 3: 1mg twice a day

Day 4: 2mg twice a day

New script!

Day 5: 4mg twice a day

Day 6: new script, 8-2 mg films

Script: 2-0.5 mg films, one film a day as instructed, total 4 films, 0 refills

Will need new script for day 5, of 8-2 mg films, 1-2 films daily, total 14 films, 0 refills