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

**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.

**ASK ABOUT PREP AND PEP FOR HIV**
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 ½ of an 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