

## Reducing the Risks

The best way to avoid the risk associated with drugs is not to use drugs. However, if you are using, this advice will help minimise the risks to your health.

- Sharing straws and notes is very risky. Blood borne viruses' such as Hepatitis can be transmitted in snot and blood from inside the nose. **GET YOUR OWN EQUIPMENT AND DO NOT SHARE!!** Post it notes are an alternative to bank notes.
- Chopping the powder as fine as possible before snorting reduces the damage to your nose.
- Place the rolled up post it note/straw high up the nostril.
- Change nostrils between each line to lessen the damage to one side.
- If your nose is bleeding take a break.
- Use less in each line and space out the time between lines.
- Have you thought about bombing instead?
- Take general care of the nose and clean out the nose after a session using the technique of nasal douching in this leaflet.



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For information on other drugs such as Ketamine, Alcohol, Spice or NPS, please ask to see our other publications or go to our Web site.



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The Edge's guide to...

# Snorting

## Reducing the Risks

## Nose Damage

When snorting substances like Mephedrone, Cocaine or Amphetamine, it is absorbed into the bloodstream through the lining of your nose, which shrinks the blood vessels and causes inflammation and damage.

Symptoms include sneezing, runny nose, nasal congestion (blocked up), nose bleeds and also sinus infections.

Snorting can damage the structure of your nose, leading to nosebleeds. After nose bleeds crusts (scabs) can form.

Damage can also be done to the Septum (middle part of the nose) this can become thinner or in some cases completely wear away.



## Risk of infection

Snorting drugs like Mephedrone, Amphetamine or Cocaine often requires a device like a straw or a rolled up bank note.

Sharing snorting equipment can lead to infections such as Hepatitis B and C and HIV.

When you snort a drug, it makes contact with the lining of the nose. The drug can cause blood vessels in the nose to burst, allowing tiny, even microscopic, amounts of blood to leak out onto the straw or bank note.

Sometimes, drugs are cut with things that cause tiny cuts and tears inside the nose. These tiny cuts or tears allow the drug to be absorbed faster into the body, but blood can also be left on the straw or bank note.

If you are sharing straws or notes the blood from the previous person can be absorbed through the nose lining along with the drug.

**YOU SHOULD CLEAN YOUR NOSE WITHOUT FAIL AFTER EVERY SESSION. HOWEVER IT IS NOT WISE TO DOUCH AND OIL YOUR NOSE MORE THAN EVERY FEW DAYS**

## Nasal Douches

Nasal douches help look after your nose when snorting. Gentle salt water douches are known to be a helpful procedure to clear out the nose. The best advice appears to be to douche before and after a snorting session.

**Here's how...**

1: Dissolve a  $\frac{1}{4}$  of a teaspoon of salt into a cup of warm water.



2: Pinch your thumb a forefinger together and pour a little of the salt water over them. Sniff it gently so warm salt spray is spread all over the inside of your nose.

3: The next step is to lubricate it with Vitamin E oil. (This can be brought from most pharmacies) Use the tip of your little finger, making sure it's clean. Dab some E oil on your finger tip and carefully and slowly stick it up your nose. Gently wiggle it so the oil coats both sides of the nose.