

PREVENT RIPS OR TEARS TO YOUR ANUS  
LUBRICATE THE SYRINGE TIP AND THE INSIDE  
OF YOUR ASS FOR SMOOTHER ENTRY AND TO

STEP 7:

DRAW THE SOLUTION INTO THE SYRINGE

STEP 6:

BY RUNNING IT THROUGH A COFFEE FILTER  
REMAINING BITS OF MATTERS MIGHT BE  
STIR AND CRUSH UNTIL DISSOLVED. ANY

STEP 5:

MEASURE 1ML OF STERILE WATER USING A  
SYRINGE OR USE A 1ML VIAL OF STERILE  
SALINE AND MIX IT WITH YOUR DRUGS

STEP 4:

MEASURE OUT YOUR DRUGS AND PUT THEM  
IN A CLEAN CUP OR COOKER

STEP 3:

WASH YOUR HANDS WITH SOAP AND WATER  
AND SET UP A CLEAN SURFACE

STEP 2:

TAKE A SHIT! AN EMPTY RECTUM HELPS  
IMPROVE ABSORPTION

STEP 1:

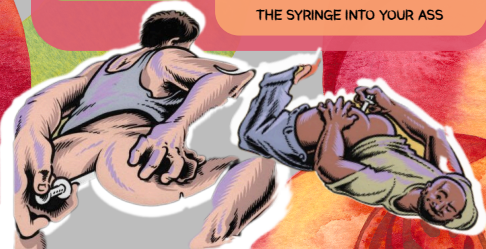


# LET'S BOOF IT!

GRAPHICS BY ACTTORINTDORG

STEP 8:

ASSUME THE POSITION!  
LIE ON YOUR SIDE, RAISE ONE LEG ONTO  
A CHAIR, OR FIND A POSITION WHERE  
YOU CAN REACH FAR ENOUGH TO INSERT  
THE SYRINGE INTO YOUR ASS



STEP 9:

SLOWLY INSERT THE TIP OF THE  
SYRINGE INTO YOUR ASSHOLE. YOU  
DON'T NEED TO GO VERY DEEP. 1-2  
CENTIMETERS SHOULD DO THE TRICK. IF  
IT FEELS TOO TIGHT, TRY DOING A  
FARTING MOTION TO LOOSEN UP

STEP 10:

PLUNGE AND EMPTY THE CONTENTS  
OF THE SYRINGE. HOLD IT FOR A FEW  
SECONDS TO AVOID DRIPPAGE

STEP 11:

REMOVE THE SYRINGE FROM YOUR ASS  
AND THROW IT AWAY! LAY ON YOUR SIDE  
FOR 5-10 MINUTES IF POSSIBLE

## THE RISK OF OVERDOSE INCREASES WHEN:

MUCH IS ABSORBED TOO QUICKLY  
• INCREASED OVERDOSE RISK IF TOO

- PAIN OR DISCOMFORT
- INFECTION
- SMALL TEARS OR BLEEDING
- RECTAL IRRITATION

## WHAT CAN GO WRONG?

## AFTERCARE

AFTER BOOFING:

- Wash your hands
- Clean reusable equipment thoroughly
- Drink water and stay hydrated
- Pay attention to pain, bleeding, swelling, or signs of infection

## RED FLAGS

SEEK MEDICAL ATTENTION IF YOU EXPERIENCE:

- Severe pain
- Significant bleeding
- Fever
- Signs of infection or persistent swelling
- Symptoms that worsen or do not improve

- FASTER ONSET THAN SWALLOWING
- AVOIDS SOME OF THE HARMS ASSOCIATED WITH SMOKING, INJECTING OR SNORTING
- CAN REQUIRE A SMALLER AMOUNT OF SUBSTANCE
- USEFUL WHEN VEINS ARE DIFFICULT TO ACCESS

## WHY BOOF IT?

AND IT CAN LAST FOR HOURS  
EFFECTS WITHIN MINUTES.

TYPICALLY FEEL THE  
BOOFING, HOWEVER, YOU'LL  
AVAILABLE RESEARCH ON  
THERE'S NOT A LOT OF

DEPENDS!

## HOW LONG WILL IT TAKE TO GET HIGH?

## REMEMBER

NO METHOD OF DRUG USE  
IS COMPLETELY RISK-FREE

HARM REDUCTION ISN'T ABOUT  
ELIMINATING ALL RISK. IT'S ABOUT  
REDUCING THE CHANCE OF INJURY,  
INFECTION, OVERDOSE, AND OTHER  
HARMS WHILE SUPPORTING PEOPLE'S  
DIGNITY AND AUTONOMY



GRAPHICS BY ACTTORINTDORG

ALWAYS START WITH A  
SMALLER AMOUNT THAN YOU  
NORMALLY WOULD

Because your rectum contains a lot of blood  
vessels, drugs absorbed this way can take effect  
quickly and might feel stronger than swallowing  
the same amount

BOOFING INVOLVES DISSOLVING A  
SUBSTANCE (USUALLY HEROIN, METH OR  
COCAINE) IN WATER, DRAWING THE  
MIXTURE INTO A NEEDLELESS SYRINGE  
OR LUBE INJECTOR, AND SQUIRTING IT  
INTO YOUR ASS

ALSO KNOWN AS BOOTY BUMPING, "HOOPING,"  
"SHELIVING," "PLUGGING" OR "UP YOUR BUM (YB)"

## BOOFING

## PUTTING DRUGS UP YOUR ASS

IT MAY NOT BE SAFE...

BUTT...

WE CAN HELP  
MAKE IT SAFER

