

BOOTY BUMP SAFER

ASSUME THE POSITION

- COMFORT IS KEY, WHETHER THAT'S LYING ON YOUR STOMACH, BACK, OR SIDE OR WHERE THE BUTT'S STANDING UP WITH ONE LEG RAISED ON A CHAIR, IT IS UNLIKELY LIQUID WILL LEAK OUT IF YOU'RE STANDING.
- INSERT THE SYRINGE, SLOWLY INSERT THE SYRINGE, YOU DON'T NEED TO GO DEEP, DEEP! CENTIMETER WORKS, IF THINGS FEEL TIGHT, YOU CAN MAKE A FARTING MOTION TO LOOSEN UP.
- PLUNGE, EMPTY THE CONTENTS OF THE SYRINGE, LEAVING THE SYRINGE IN FOR A FEW MOMENTS SO IT DOESN'T DRIP OUT.
- REMOVE AND DISPOSE, PULL OUT THE SYRINGE AND THROW IT AWAY, IF THE SYRINGE CAME WITH A NEEDLE THAT YOU REMOVED, YOU CAN SAFELY DISPOSE OF IT BY PLACING IT IN A HARD PLASTIC BOTTLE AND DUCT TAPING THE CAP SHUT.

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BOOTY BUMPING IS NOT A RISK-FREE PRACTICE.

- BUT, IF YOU'RE GOING TO DO IT, THESE STEPS CAN HELP REDUCE YOUR CHANCES OF INFECTION, OVERDOSE, AND OTHER RISK.
- FIRST THINGS FIRST, POPE! THIS WILL HELP YOU START WITH A CLEAN SLATE.
- MAKE A PLAN FOR HOW MUCH YOU'LL BE USING, STARTING SLOW WITH SMALL DOSES IS IMPORTANT FOR ANY MODE OF CONSUMPTION.
- MEASURE THE WATER, USING YOUR SYRINGE. MEASURE OUT STERILE WATER FROM A CLEAN CUP, MEASURE OR EXHALE A VOLUME BETWEEN ONE HALF AND ONE MILLILITER.
- MIX IT UP, MEASURE OUT AND MIX YOUR DRUGS, STIRRING UNTIL ALL IS DISSOLVED, IF MATTER REMAINS, THAT MAY BE FILTERS, YOU CAN TRY TO REMOVE SOME OF THESE BY PASSING THROUGH A COFFEE FILTER.
- FILL AND PREPARE THE SYRINGE, DRAW UP THE SOLUTION INTO YOUR SYRINGE, THEN, LUBE UP THE FIRST CENTIMETER OR SO.

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AFTER CARE

- THE BLOOD VESSELS IN THE RECTUM ABSORB DRUGS QUICKLY, THE BOOTY BUMP OFFERS AN EFFICIENT WAY TO CONSUME DRUGS WITHOUT AS MUCH DAMAGE TO THE SKIN, VEINS, LUNGS, OR NOSE THAT IS ASSOCIATED WITH SMOKING.
- INJECTING OR SNIFFING.
- IT ALSO PROVIDES A HIGHER BIO AVAILABILITY, MEANING YOU GET MORE FROM YOUR DRUG THAN SAY FROM SMOKING.
- HOWEVER, IT DOES COME WITH ITS OWN RISKS.
- USE VITAMIN E, INSERT THE VITAMIN E CAPSULE IN YOUR ANUS TO PROMOTE HEALING OF ANY MICRO TEARS THAT HAPPENED DURING THE PROCESS.
- CLEAN UP, WASH YOUR HANDS WITH SOAP AND WATER.
- GIVE YOUR BOOTY A BREAK, WAIT A FEW DAYS BETWEEN USE.

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BOOTY BUMPING, SOMETIMES CALLED BOOFING, IS A WAY TO CONSUME DRUGS, USUALLY METHAMPHETAMINE, HEROIN, OR COCAINE, BY WAY OF YOUR BUTT.

YOU MIGHT ALSO HEAR IT REFERRED TO AS PLUNGING, HOOPING, UP YOUR BUM, OR V.B., BOOTY BUMPING INVOLVES MIXING DRUGS WITH WATER AND SQUIRTING IT INTO YOUR BUTT, OFTEN THROUGH A SYRINGE WITHOUT A NEEDLE AT THE END.

BOOTY BUMPING YOUR USUAL SNIFFING OR SMOKING DOSE MAY HIT HARDER AND FASTER, POTENTIALLY RAISING YOUR RISK OF OVERDOSING OR OVERAMPING.

ALWAYS DO A TEST DOSE, AND CARRY NALOXONE!

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CAN IT BE DONE WITHOUT A SYRINGE?

- SUPPOSITORY USUALLY OVER THE COUNTER & HAS SLOW EFFECT
- LUBRICANT INJECTORS AND ENEMA BULBS CAN BE USED BUT THEY'RE NOT AS PRECISE AS SYRINGES, THEY ALSO REQUIRE STERILIZATION FOR RE USE
- "STUFFING" OR SIMPLY INSERTING DRUGS UP YOUR BUTT, ESPECIALLY ROCKY AND CRYSTALLINE SUBSTANCES CAN CAUSE TEARS, INCREASING THE RISK OF INFECTION AND RECTAL BLEEDING, ITS BEST TO AVOID THIS METHOD.

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HOW FAST DOES IT WORK?

- THERE ARE MINIMAL STUDIES BUT...
- ONSET WITHIN MINUTES, LASTS FOR HOURS
 - ESTIMATED 3-5 MINUTES FOR ONSET
 - 2004 STUDY SUGGESTS IT'S COMPARABLE TO ONSET OF INJECTING

WHAT DOES IT FEEL LIKE?

- ANECDOTALLY MAY BE FELT MORE IN YOUR TORSO OR LIMBS VERSUS THE HEAD RUSH OFTEN ASSOCIATED WITH SMOKING
- PEOPLE WITH PROSTATES MAY EXPERIENCE AROUSAL SIMILAR TO ANAL PLEASURE SOMETIMES CALLED CHEMSEX OR PARTY N' PLAY
- BOOFING MIGHT ALSO CAUSE SOME DISCOMFORT, IRRITATION, OR PAIN IF THE SYRINGE ISN'T PROPERLY LUBRICATED

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RISKS

- INFECTION RISK OF TEARS, TISSUE, OR INTERNAL DAMAGE MAY CAUSE PAIN OR BLEEDING, THIS INCREASES RISK OF CONTRACTING AN INFECTION SUCH AS HIV, HEPATITIS C, AND THE CHLAMYDIA RELATED LYMPHOGRANULOMA VENEREUM
- BOOFING YOUR USUAL SNIFFING OR SMOKING DOSE MAY HIT HARDER AND FASTER, POTENTIALLY RAISING YOUR RISK OF OVERDOSING OR OVERAMPING
- OVERDOSE OR OVERAMPING THERE IS A HIGHER CHANCE OF OVERAMPING IF YOU HAVEN'T BEEN SLEEPING, EATING, OR HYDRATING, MIXING MULTIPLE DRUGS OR USING IN AN UNCOMFORTABLE ENVIRONMENT CAN ALSO MAKE YOU MORE VULNERABLE.

BOOTY BUMPS

AKA "BOOFING"

HOW TO BOOTY BUMP BETTER!