

TIPS FOR FINDING A VEIN

- Tying off really helps! Remember to take the tie off after the needle is in and before you shoot. The pressure in your vein could ruin it.
- Gravity helps! Standing up and letting your arms hang can bring veins out.
- Swinging arms and making fists helps too.

HEAT brings veins to the surface:

- Getting off someplace warm will make finding a vein easier.
- Wearing a sweater or a coat while you prepare the shot can help. Take it off once you've got the shot cooked up.
- Wrapping your arm in cellophane or plastic wrap can heat you up and bring veins to the surface.
- Using a blow drier or a hand drier can bring veins up.

The best way to avoid abscesses, overdose, Hepatitis C, HIV, or other health conditions is to stop using. You can always ask a staff person for information or assistance on safe practices for drug use, treatment, and safe sex practices.

LIFEPOINT SYRINGE ACCESS PROGRAM

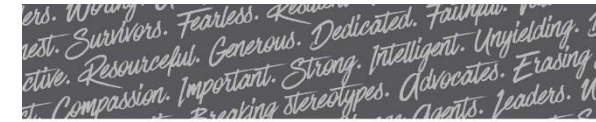
Vivent Health

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***HIV and Hep C Testing Available**

IF THE SHOT HURTS: PULL OUT!

How to know if you hit a vein, artery or nerve.



WHEN YOU WANT A VEIN:

People who mainline (inject into veins) must be really careful where they hit.

Avoid hitting arteries and nerves!

INJECT ONLY INTO VEINS!

Anytime you hit something that feels like a vein, but it hurts **PULL OUT!**

Reasons needles may hurt:

1. You hit an artery. Injecting here could kill you. – **PULL OUT!**
2. You hit a nerve. Injecting here could hurt you badly. **PULL OUT!**
3. You aren't in a vein. This will waste your shot & you could wind up with an infection or abscess. **PULL OUT!**

If you want that shot, don't waste it. If the hit is hurting, pull the needle out and start again. You are saving your shot and you are saving your life.

HOW DO YOU KNOW YOU HIT A VEIN?

When you think you've hit a vein, ALWAYS pull back the plunger a little. **If dark red blood comes into the syringe, then you hit a vein. Vein blood never comes into the syringe on its own, you have to pull the plunger back.**

If you hit a spot on the surface of your skin that you can see, that is a vein. You are only going to hit an artery if you are searching for a spot deeper down.



REALITY CHECK

If you dig around for veins where you can see them, it means you have probably lost a few. (No one is looking for veins deep down when they can find them right on top.)

If this is you, you need to be careful. You risk hitting arteries and nerves when you have to dig.

Sometimes you don't have a choice but try to get off where there is good light, and where you can take your time. An injector in a hurry is an injector at risk. You are entitled to take care of yourself.

HOW DO YOU KNOW YOU HIT AN ARTERY?

- **The color of the blood is bright red.**
- The blood may be a little foamy or frothy.
- It might hurt.
- The blood has a lot of force behind it. Sometimes you don't even have to pull the plunger back, blood just comes right into the syringe.
- Sometimes the blood comes into the syringe in spurts like a heartbeat.
- **If any of these things happen, PULL OUT!!** Apply pressure to the place where you pulled out. If possible, hold your arm or leg over your head. If the bleeding doesn't stop, call 911 or **get some help.**

HOW DO YOU KNOW YOU HIT A NERVE?

- It hurts like hell!
- No blood comes into your syringe when you pull back the plunger.
- **If this happens, PULL OUT!!!**