



SLAMMING

DOS & DON'TS

MAIN*line*

“The effect of slamming is very intense, and for me it was equivalent to freedom.

But last year, I lost my self-control.

Now I regret that I know how it feels.”

M.(42)

SLAMMING

Slamming and sex are part of life for some gay men.

Chems like Tina (crystal meth), ketamine, cocaine, MDMA, mephedrone and new substances like 3-MMC, MXE and 4-MEC are injected before or during sex.

The rush from slamming is euphoric and sexually stimulating. All inhibitions are lost, and the sex lasts longer. Slamming chems increases self-confidence, focus, concentration and energy levels.

But slamming also can be very risky. Though it gives the most intense high, it often ends with a severe come down and a strong craving to slam again.

INFORMATION FROM THE COMMUNITY

If you like slamming, it makes a lot of sense to learn how to do it well. In this booklet you'll find practical information about slamming techniques, safer use, psychosis and how to manage the come down. This info was collected from interviews with regular slammers who know the risks and dangers involved.

So, how do you slam correctly to maximize the pleasure and minimize the risks?

RULES OF CORRECT SLAMMING

Days of continuous partying under the influence of chems often means other life priorities take a back seat.

To prevent transmission of viruses and bacteria, **use a clean needle every time.**

Never share your equipment.

SEX

Slamming and condom use or fist gloves often aren't used together.

A lot of guys who choose bare sex serosort or use PrEP to prevent passing on, or catching HIV.

How do you prevent hepatitis C and other STIs? Check www.nomorec.nl

Using lots of lube reduces the chance of skin abrasions, thus, slightly reduce the risk of STIs. Hepatitis A and B are serious liver infections that can be prevented with simple vaccination. Ask your GP, GGD or HIV consultant for more info.

CHEMS

Test your chems. You can do so anonymously and for free. For your local test service (in the Netherlands), check www.drugs-test.nl

Use an accurate scale to measure the proper dose.

When using an unknown substance, build up your dose in small increments.

DRINK

To prevent dehydration, it's important to drink enough water, (herbal) tea or sport drinks.

Coffee and alcohol are not good options, because both have a dehydrating effect.

Place several bottles of water in sight beforehand.

ADHERANCE

If you are on medication (such as Hepatitis C or HIV antivirals), set an alarm on your mobile to remind you to take your pills on time.

EAT

Make sure you eat enough. Even if you're not hungry, try to eat small portions regularly.

Soft food is easier to swallow. Fruit, smoothies, weight gainers, protein shakes, porridge, yoghurt and soups are nutritious and provide the body with energy.

Take multivitamins with extra vitamin C.

REFRESHER

Wash your hands regularly.

Take a shower at least once every 24 hours. It's relaxing and energizing.

Brush your teeth regularly and chew gum.

REST

Get some rest outside of the sexual setting and chill out.

If you can't sleep, seek out a quiet, dark space to help you relax better.

COME DOWN

The day after, you will feel physically and mentally exhausted. Some describe the feeling as 'emptiness'

Wash your hands regularly.

A day of watching movies in bed is a good way to chill.

Meditation and listening to music can also be relaxing.

Nutritious food speeds up recovery.

If you feel up to it, going for a walk, bike ride or doing sport will make you feel better.

SLAM TECHNIQUE

With the right slam technique, a lot of risks can be avoided.

The right technique will prolong the life of your veins. Once they collapse, they're gone for good.

The lower arms are the easiest and safest sites to slam.

Injecting in the legs can be very painful. Even if you take care and inject very slowly. The neck, penis or groin area's are the most dangerous.

Always rotate injection sites to allow them to heal and reduce scarring.

If the vein is missed, swelling and infections are more likely.

By sharing needles and syringes, viruses like HIV and hepatitis C can easily be transmitted.

THE VARIOUS SLAM TECHNIQUES:

INTRAVENOUS SLAMMING

Into the veins

MUSCLING

Into the muscles

SKIN POPPING

Under the skin

BOOTY BUMPING

Injecting into the anus with a needleless syringe

INTRAVENOUS SLAMMING

Avoid touching an artery. Arteries often lie deeper beneath the skin and have a pulse.

Do you experiencing shooting pain as you attempt to slam? Or was the plunger pushed back by the blood? Is the blood foamy when you pull it into the syringe?

You probably have hit an artery! In which case withdraw the needle carefully and apply pressure on the slamming point for at least 15 minutes while keeping the arm raised. If the bleeding doesn't stop, call an ambulance.

If you slam beside a vein, you'll cause a bruise.

***“I often think:
let's hope this
ends well.”***

P. (35)

MUSCLING AND SKIN POPPING

These techniques are often painful.

Muscling is often done with ketamine or mephedrone but isn't advisable with other drugs.

Muscling and skin popping increase the change of scar tissue. Lots of chems do not absorb well under the skin or in the muscles.

BOOTY BUMPING

Booty bumping uppers can cause severe serious intestinal cramps.

The irritation and tissue damage after bumping significantly increases the risks of STI's.

To avoid transmission of hepatitis C, HIV and other STIs, never share your syringe.

SUITABLE VEINS

The less risky veins are located in the forearm. These can be used over the entire length; from the wrist up to the inside of the elbow.

Always slam in the direction of the bloodstream and towards the heart.

Vary the location. Learn to alternate slamming in the right and the left arm. This gives you more options and extends the recovery time of the veins.

Use a new needle for each slam. The needle will already be blunt after the first slam.

Veins in the hands and feet are small and vulnerable. Slamming in these places can be painful, and the risk of vein damage is high.

If you don't want to inject into your arms, try the veins on the inside of the calves. The blood flows slowly there, so you'll have to slam more slowly too.

If you choose to slam in your hands, remove any rings from your fingers.

Never slam in the groin or neck. Arteries and nerves lie very close to veins here.

FINDING VEINS

There are several tricks to make the veins bulge and rise to the surface:

- ▶ Let the arm hang low or shake it like a windmill.
- ▶ Wipe the slam spot with an alcohol swab. The evaporation of the alcohol makes the veins more visible.
- ▶ Take a hot shower or bath before slamming, or immerse your arm in warm water or wrap it in warm cloth.

TOURNIQUET

To apply a tourniquet, put it around the upper arm and clench your fist repeatedly. Don't make the tourniquet too tight, otherwise you'll constrict the arteries, which makes finding a vein more difficult.

With the tourniquet around the upper arm, tap the vein sharply a couple of times with outstretched fingers.

“Some men purposely slam in their legs or feet, so you don't see the little slam wounds. But that doesn't always work out.”

G. (46)

SLAM EQUIPMENT

1

CLEAN ENVIRONMENT

Make sure you have a clean and clutter-free environment for slamming. That way your equipment stays clean and the chance that you'll mix it up with other people's equipment is lower.

2

NEEDLES

To prevent damage to veins, always use thin, short needles. Short needles meant for injecting insulin are the most suitable. When slamming in a group setting, use different colored needles. These are available at the pharmacy or online (exchangesupplies.org).

*"No matter how horny I am,
I never share needles or
syringes. That's where
I draw the line."*

W. (39)

3

STERILE WATER

Sterile water, available online in small ampoules, is best for dissolving your chems. Left unopened, they remain safe to use for a long time. Once open, bacteria multiply quickly. Always throw away leftovers.

The best alternative is cold tap water that has been boiled in a kettle.

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SOLVING CONTAINER

A sterile packaged cup (Stericup) is the best for dissolving your chems in water. Dissolving chems in a spoon is the best alternative. Disinfect the spoon in boiling water for ten minutes before use.

BACTERIA

Bacteria multiply very quickly. At room temperature, bacteria can survive in a syringe for a long time. The HIV virus survives for about three weeks and the hepatitis C virus for at least two months.

5 FILTERS

To draw the solution of chems into your syringe, always use a filter that doesn't release harmful substances. The most suitable filters for slamming are sterile filters. Use a new filter every time.

6 ALCOHOL PADS

Alcohol pads are sterile-packed and suitable for one-time use.

By wiping the slam location firmly once, you reduce the number of bacteria at the needle's point of entry.

The pads work much better when the injecting site has been washed with soap and water and dabbed dry with kitchen roll.

"I always order needles, syringes and Stericups online. It's cheap and right away you've got yourself a good stock of supplies at home."

R. (47)

7 TOURNIQUET

Only use a tourniquet if you can't find a vein without one. If the veins are easy to reach, the tourniquet can put unnecessary pressure on the veins.

Use a special tourniquet or a wide, elastic belt. It must be easy to loosen without letting go of the syringe.

8 GAUZE

Immediately after slamming, press on the slam location with a clean gauze or cotton ball to help it close quickly. This prevents bruising and helps the veins heal faster.

Alcohol pads are not suitable for this. Alcohol slows down the healing of the wound and dirt can easily contaminate it.

9 SHARPS BIN

To prevent a needle-prick injury, never throw used needles in a normal waste bin.

There are pocket-sized needle containers available for used needles. Metal or hard plastic containers are suitable too.

Used needles can be handed in or exchanged at pharmacies, hospitals and drug service centers. In Amsterdam contact chemsex@mainline.nl for free needle exchange.

SAFE SLAMMING STEP BY STEP

Good slamming techniques decrease the risk of abscesses, infections, scar tissue and vein damage.

Consciously slamming will prolong the life of your veins. Give the used veins time to heal. Slam at least one centimeter away from your last injection site.

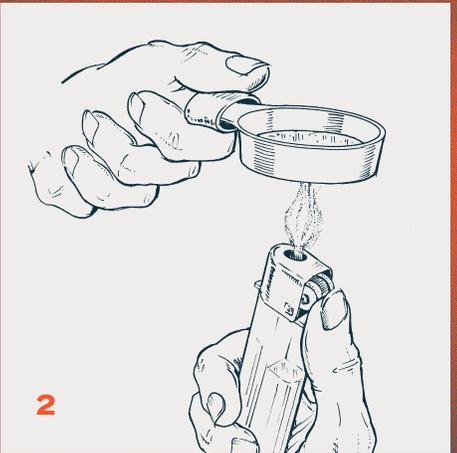
Keep the skin supple and use calendula cream to prevent scarring. Vitamin E crème can also help to keep the skin soft and supple. Hirudoid cream helps bruises heal quickly.

Take your time, always focus and be careful. To prevent accidents, avoid slamming while alone.

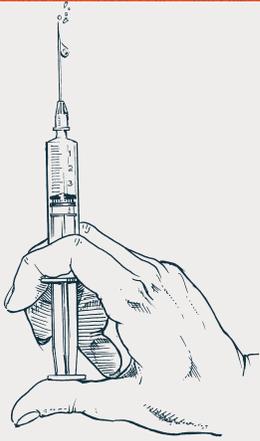


- ▶ Check that you have all the necessary equipment.
- ▶ Make sure everything is sterile.
- ▶ Wash your hands with soap and water.

- ▶ Dissolve your chems in sterile water, within a sterile cup.
- ▶ Don't boil the liquid. This can cause it to thicken during cooking.
- ▶ Draw the solution into your syringe (without the needle) through a filter.



3



- ▶ Hold the syringe with the needle pointing upwards, and tap the syringe until big air bubbles rise to the top of the barrel.
- ▶ Press the plunger until a drop appears at the tip of the needle.
- ▶ Avoid licking the needle, as this covers it with bacteria. This can cause site infections, swellings and abscesses.

- ▶ Place the protective cap over the needle and put the syringe aside ready for use.
- ▶ Find a vein that hasn't been used recently.
- ▶ Clean the skin by wiping once with an alcohol wipe.
- ▶ Do not touch the skin after cleaning.

4



5

- ▶ Apply the tourniquet around the arm or leg and tighten it.
- ▶ If slamming is difficult, it's best to loosen the tourniquet and try again later.

- ▶ Slam at a 45 degree angle, with the eye of the needle up. This minimizes vein damage.
- ▶ Draw up a bit of blood to check whether you are in the vein.
- ▶ If you don't draw up blood, slowly pull the needle back and start again with a clean needle.

6



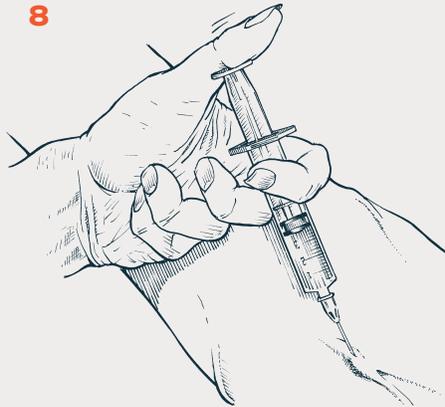
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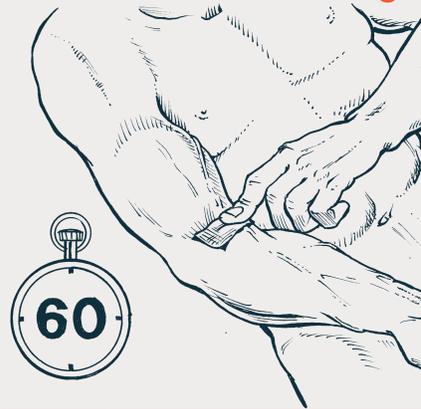
- ▶ Never slam with the tourniquet tightened! Once the needle is in the vein, release the tourniquet to prevent putting unnecessary pressure on the veins.

- ▶ Slowly slam the chems into the vein.
- ▶ Carefully withdraw the needle.

8



9



- ▶ Firmly press the pad over the slam site for at least a minute.

- ▶ Put the used needle and syringe straight into a sharps bin.

10



PSYCHOSIS, PANIC ATTACKS OR PARANOIA

Partying for days on chems can cause psychosis. Slamming can lead to paranoid thoughts, hallucinations, delusions, anxiety and panic attacks. Realize it's not you. It's the chems and the lack of sleep.

DOS:

- ✓ Keep score of what, how much and how often you use.
- ✓ Feeling paranoid or anxious? Reduce your dose and frequency of use.
- ✓ If you party for days in a row, get enough rest, water and food.
- ✓ Limit yourself to two slamming sessions a month maximum.
- ✓ Ask your sex buddy(ies) to let you know if you look or behave exhausted.

DON'TS:

The risk of negative effects increases if:

- ✗ You have slam marathons for days without sleep or rest.
- ✗ You slam high doses.
- ✗ You increase your slamming frequency to several times a week or more.
- ✗ You have a history of sexual or mental health problems.

PSYCHOTIC: NOW WHAT?

If your sex buddy is paranoid, anxious or psychotic, you can best help by:

DOS:

- ✓ Stay calm and understanding.
- ✓ Address him by his name.
- ✓ Use small talk to keep him in the here and now.
- ✓ Take him out of the sexual setting and into a 'low-stimulus' environment.
- ✓ Turn off bright lights, music, laptops, porn and the television.
- ✓ Take him outside to get some fresh air
- ✓ If he gets really agitated, or the situation is deteriorating, call 112 and ask for an ambulance.

DON'TS:

- ✗ Never deny the psychotic experience. This can act as a negative trigger.
- ✗ Don't get angry. Avoid getting into discussions.
- ✗ Don't leave him alone to sort himself out.

“It was only when the police plucked me naked off the street that I realized just how paranoid you can become after partying for days on end.”

B. (32)

MANAGE THE COME DOWN

Slamming for days on end exhausts you physically and mentally. Coming down is the collection of feelings that commonly accompany the body recovering from the chems and fatigue. The come down is caused by the levels of serotonin and other 'feel good' transmitters being really low. Typically there are a few days of mood swings, depression, exhaustion, headaches and feeling grumpy.

COME DOWNS DEPEND ON:

- ▶ The amount and quality of rest and food and drink during your slam sessions.
- ▶ The length of your slam session.
- ▶ The amounts and combinations of chems used.
- ▶ The experiences you had.

HOW TO ALLEVIATE THE COME DOWN:

The feelings that a come down bring will pass after a couple of days. You can speed this up by:

- ▶ Not doing more chems to keep going.
- ▶ Catching up on your sleep.
- ▶ Keeping yourself distracted.
- ▶ Watching films, going for a swim or walk, listening to calming music.
- ▶ Not staying by yourself, hanging out with people who can take care of you.
- ▶ Eating healthy food (fruit, vegetables, soup, nuts, legumes, chicken, tuna).
- ▶ Being kind to yourself and taking a break for at least two weeks.

MAINline

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