

SWALLOWING & SNORTING



SWALLOWING OR INGESTING DRUGS

Swallowing drugs causes the slowest onset of drug effects. The high will be felt often around 20-30 minutes after swallowing. Swallowing has the least intense effects of all methods of taking drugs.

The advantage of swallowing is that the effects last longer and the comedown is easier. Drugs are often swallowed in the form of pills or dissolved in liquid. They can also be wrapped in a small piece of tissue or smoking paper and swallowed (“parachuting”).

KEY MESSAGES

Know the RISKS

Swallowing drugs has the fewest risks of all the methods of taking drugs. But it still has risks.

- Ingesting (swallowing/eating) can lead to overdose depending on amount of drug and personal tolerance.
- Rubbing some drugs like meth into the tongue or gums can lead to mouth ulcers.
- Swallowing drugs can be hard on the stomach for people who have ulcers or other digestive problems.

Control the DOSE

Knowing the amount of drug is important to avoid health risks. Since it takes longer to feel the drug effect, don't take too much at first. Also don't re-dose too quickly as it could lead to overdose.

The drugs can be weaker or stronger than expected. Sometimes it can even be a different substance. Allowing time to feel the effects will help you determine the right amount to take.

Minimizing SIDE EFFECTS

Eating something before swallowing drugs will help reduce stomach problems.

PREPARE Your Own

Always prepare your own drugs for safety.

SNORTING DRUGS

Snorting drugs means inhaling through the nose. Drugs are absorbed into the bloodstream through the nasal membrane. When snorting drugs the effects may take longer to feel than injecting. It may take 5 to 10 minutes after snorting to feel the effect, which may be less intense but last longer.

Drugs like cocaine, amphetamines and heroin that can be easily dissolved with water can be absorbed through the nasal membrane. After snorting, the drugs are deposited on the mucous membrane and are absorbed into the bloodstream.

Snorting is a common method for consuming cocaine. A straw, sometimes called an inhaler, a bullet, or bumper can be used to snort drugs. Dissolving the drug in water and squirting it up the nose with a syringe is called 'waterlining'.

Snorting drugs can cause small blood vessels in the nose to become irritated and rupture. Small amounts of blood can leak out and transfer to the snorting device. Frequent snorting increases the amount of irritation of the inner lining of the nose. Long term and frequent snorting can lead to nosebleeds and destroying of the nasal septum. This increases the risk of HIV and hepatitis C transmission.

Some cutting agents in drugs can contribute to nasal damage and bleeding. They can create small cuts and tears in the inner lining of the nose. This can lead to frequent and microscopic bleeding.

Sharing snorting devices increases the risk of HIV and hepatitis C transmission.

KEY MESSAGES

Personal and SINGLE USE

Equipment for snorting is for personal and single use only.

Risk to Your NOSE

Snorting drugs can cause bleeding from small vessels in the nose. Infections and blood borne viruses can be passed if sharing equipment.

Reduce DAMAGE

Switch nostrils to reduce damage to blood vessels and nasal cartilage. Snorting can cause:

- very bad nosebleeds
- excessive mucous production
- a destroyed septum
- easier transmission of blood borne viruses due to nasal damage

Less Damage, More ABSORPTION

Chopping or crushing pills, rocks or granules to a fine powder can reduce the damage caused by snorting. It will cause less damage in the nose and improve drug absorption. Improved absorption can increase the high with less amount of drug being snorted. Big granules are not absorbed easily in the nose and can cause damage.

Avoiding Nostril IRRITATION

If the nostrils become irritated from snorting, try switching to swallowing until the nasal passage or nose heals.

Use COLOURED STRAWS

Use different coloured straws to identify your personal snorting supply. If you don't have different coloured straws, mark your device to avoid getting it mixed up.

Avoiding GERMS

Avoid using paper money or 'bumping' off keys for snorting. These items are covered in germs and bacteria that can cause sinus infection. Single use paper straws, a foil tube, or pyrex stems are safer options.

RINSE After Use

Rinse the nose with lukewarm water after snorting. It can reduce the risk of nasal damage. Snorting a few drops of water after using can dissolve any left over drugs in the nose. The water can carry the drug into the throat causing less waste.

Best Way to SNORT

Insert the straw high up into the nasal passage when snorting. This will reduce the amount of drug that gets trapped in nose hairs. It can also reduce nasal irritation.