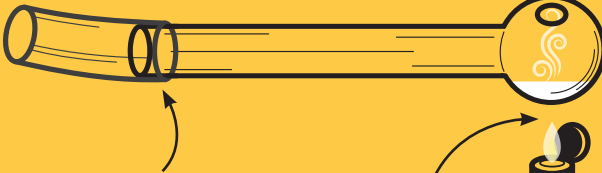


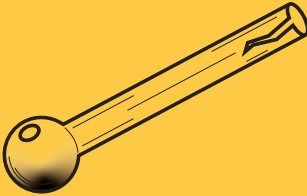


# HOW TO SAFELY PREP YOUR METH PIPE:

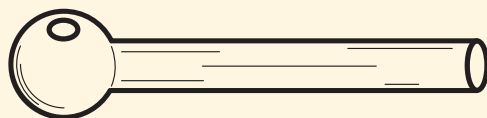
This resource provides information about how to safely smoke crystal meth with this equipment. Talk to your local harm reduction site (APSS) about which safer drug use supplies are available and how they are meant to be used.

- 1 Clean your hands with soap and water or alcohol swabs.
- 2 Add crystal meth into your bowl pipe.

- 3 Fit **your** mouthpiece onto **your** pipe.
- 4 Hold pipe and apply heat to bowl. The flame **SHOULD NOT** touch the bowl. Keep heat moving **around** the bowl.

- 5 Once you start to see vapour, continue heating pipe and **inhale slowly**, then **exhale immediately**. Holding in can burn your lungs, and won't give you a better high.
- 6 The pipe will be **VERY** hot—handle it with care. If the pipe has a crack, a chip, or is burnt, **throw it out**.

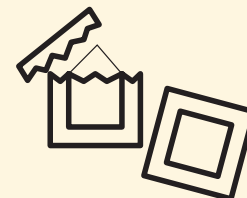
## Supplies you use to smoke crystal meth



Bowl Pipe



Mouthpiece



Soap or Alcohol Swab



Torch Lighter



## USE YOUR OWN STEM AND MOUTHPIECE TO PREVENT HEP C.

Hepatitis C can be passed through tiny amounts of blood residue from lips or mouth on shared meth smoking equipment. Talk to a harm reduction worker about where to get equipment and where to get tested for Hepatitis C.

Smoking meth can lead to skin issues such as infections, lesions, or abscesses that may require medical attention. It also increases the risk for HIV. **Always get tested.**



## MOUTH CARE

- Drink water or juice to keep your mouth moist and reduce cracks and blisters.

- Moisten your lips with your own lip balm.
- Chew gum to keep your mouth moist and reduce clenching.
- Brush your teeth when possible or use mouthwash.
- Avoid infection by using your own mouthpiece or pipe and not sharing it.

## COMBINING SUBSTANCES CAN BE DANGEROUS

- Erectile drugs (Viagra and Cialis) put extra strain on the heart, cause sudden shifts in blood pressure, and can lead to stroke, chest pain and heart attack.
- Other stimulants, like MDMA or cocaine, can push your body too far, increasing the risk of overheating or stroke.
- Downer drugs, like Fentanyl, can lead to stroke or heart attack.
- Alcohol and stimulant drugs (MDMA, cocaine) can dehydrate the body further when mixed. This can negatively affect kidney and liver function and make crash symptoms worse.

## PIPE SAFETY 101

Makeshift pipes can explode when heated, or under extreme temp changes. Pipes made of plastic, pop cans, or copper can release toxic fumes when heated or burned, and damage your lungs and other organs.

**Do not** use household tin foil, as it has a coating that can burn off and release chemicals that can be harmful to inhale. Use foil sheets from a harm-reduction program, designed for drug use.

## SAFER CRYSTAL METH SMOKING TIPS

- **AVOID SMOKING ALONE.**  
Try to smoke in a safe place with people you trust.
- **START LOW, GO SLOW.**  
The crystal meth may be more potent than you realize.
- **KNOW THE SOURCE OF YOUR DRUGS.**  
Try to prepare doses yourself & get your drugs tested.
- **USE PROPER EQUIPMENT**  
Homemade equipment can lead to cuts, burns, blisters and open sores on the mouth, lips and gums.
- **TAKE CARE OF YOURSELF.**  
Try to eat something before you smoke.  
Stay hydrated with water or juice.
- **PROTECT YOUR MOUTH**  
Mouthpieces protect the lips from having direct contact with hot glass.
- **BE KIND TO YOUR SKIN.**  
Wash your hands after smoking.
- **AVOID MIXING SUBSTANCES.**  
Mixing with opioids can lead to a fatal overdose.
- **HAVE CONDOMS AND LUBE WITH YOU.**  
You may have an urge to have sex while high.
- **STAY CONNECTED WITH OTHERS.**  
Ask them to check in to make sure you're okay.
- **TAKE A BREAK.**  
Get some sleep, drink water/juice & eat something.



Opioid Overdose:

Call 911  
Give Breaths  
Give Naloxone



AIDS Programs South Saskatchewan  
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Part of the 3 Infections, 1 Fight Study  
funded by CIHR and SHRF

Contact Principal Investigator  
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## SAFER SMOKING TIPS

*& How to Safely  
Prep Your Meth Pipe*