

## ASAM 2024: Supplies and Key Messaging Based on Route of Use

Created with input from Panel Presenters and Dinah Applewhite, MD; Hannah Snyder, MD; Marlene Martin, MD; Arlene Brown, CEO; Steve Dondero, SUN; Leo Beletsky, JD; Kenneth Washington, AD; Jim Duffey, COO; and Josh Luftig, PA-C. Adapted from Pocket Addiction Medicine. Wakeman S, Lee JD, Alvanzo A. Wolters Kluwer 2022 (chapters x and x AND Perera R, Stephan L, Appa A, et al. Meeting people where they are: implementing hospital-based substance use harm reduction. *Harm Reduct J.* 2022;19(1):14

Route	Select components of kits*	Rational	Key messaging **
<b>Injection</b> <i>PK:</i> <i>-Fast onset - High bioavaial.</i>	Needles and Syringes ie insulin syringes -non-detachable preferred as lower dead space	Reduce risk of viral and bacterial infections both by reducing sharing and reuse. Needle length and gauge depends on injection location, drug, and personal preference	-The higher the gauge, the smaller the puncture wound in the vein, and the safer it is for your body -ideally one use/syringe -licking needle introduces bacteria
	Liquid (sterile water or saline) -commonly give out 5cc solutions for “inhalation therapy”	Used to dissolve drug solids into solution prior to injecting. Less safe alternatives: bottled or tap water (better), toilet tank, environmental sources (puddles, etc)	-don’t use water that has been touched by a used syringe- can spread infections -sterile water best, then boiled water, then tap
	Cooker -sterile or non-sterile (aluminum rinse caps). Consider giving with twist ties for handles	Used to mix/dissolve solid drug and liquid into solution. Shared cookers can increase disease transmission.	Reusing/sharing cookers can spread disease; shared cookers an indication for PrEP.
	Tourniquet	Reduces need for multiple injections by making veins more accessible.	-Tie so it is easy to release -use as opportunity to discuss safer vein choices
	Cotton pellets/Filter -dental cottons preferable as large cotton balls need manipulated by hands	-Filters out insoluble particulates from dissolved drug that can cause health problems. Particles will also clog the syringe. -Shared or reused cottons can increase disease transmission.	-Reusing/sharing cottons can spread infections (PreP indication) -“cotton shots” particularly risky -Using cigarette filters may introduce bacteria and dangerous particles
	Alcohol wipes	Clean skin to reduce infections	-Use before injecting, not after -Consider prepping multiple sites in case you don’t find a vein the first try
	Hand sanitizer/wipes	Decrease disease transmission	-Clean hands before manipulating filters

	Vitamin C/Acid	Used to change cocaine from free base to water soluble, acid salt form, for injecting rather than smoking rock cocaine. Safer than alternatives (lemon juice/vinegar) as more titratable/less acidic solution; also lower risk infection (ie lemon juice aw/ candida endophthalmitis)	-“just enough to dissolve the rock”-don’t use too much. Should be a match-head to a \$20 rock - Lemons and vinegar may carry bacteria. They are also too acidic and damage veins.
	Bleach kit	Can make own bleach bottles or purchased prefilled bleach bottles	Not 100% effective. Preferable to use 1 syringe per injection. Should provide instructions on correct use
	Sharps container -smaller fitpacks (discrete) -large sharps containers	Reduces presence of used needles in community by providing a disposal method. Fitpacks also provide a place to store unused supplies	-Do not break off tips of needles; avoiding flushing - If no disposal options are available, can instruct to use hard container, tape shut, label.

<b>Inhalation “smoking”</b>  <i>-Fast onset - Moderate bioavailability (technique dependent)</i>	Pyrex pipe -crack cocaine: straight stem -methamphetamine: bubble -fentanyl: hammer pipe  Foil/straw (for “chasing the dragon”)	-sharing and using broken/makeshift equipment increase risk of injury/infection - high quality “pyrex” glass less likely to break than “love rose” often purchased from convenience store. -providing pipes facilitates an alternative to IDU -providing pipes engages individuals in care	-Smoking overall reduced risk of overdose and infection compared to injection -Sharing pipes can spread HCV and infectious disease -Holding smoking in your lungs longer does not increase the amount of drug absorbed but does increase respiratory harms
	Rubber pipe mouthpiece -silicone tip cover -clear vinyl tubing cut up	Provides a barrier to directly touching the glass; protects from burn	-use mouthpieces to reduce risk
	Filter (for straight stem) -brass filter -copper scouring pad	Needed to prevent rock cocaine from being inhaled into the lungs as it is smoked from a straight pipe (i.e. holds the rock in place).	-Brass filters safer than copper scouring pad - Burn copper scouring pad prior to use (chemicals)
	Wood push sticks (Straight stem) -ie stir sticks, manicure sticks	Allow the filter to be placed; also allow residue to be scraped	-Wooden sticks less likely to break pipe than metal objects
	Chapstick / lip balm	Reduce risk of cuts & subsequent infection transmission	-keep lips hydrated to reduce risk of infection

	Sugar free gum	Smoke is acidic □ dental problems	KEY: lack of access to dental care, being unhoused, are much larger risk factors for dental problems than substance use. Counsel about risk with awareness of stigma a/w dental problems.
	Fluoride tooth paste/brush	Stimulants □ decrease salivation □ xerostomia □ tooth decay	
<b>Intranasal</b> <b>“snorting”</b> <b>“sniffing”</b>  - Moderate onset - Moderate bioavail	Clean straws or sticky notes.	Sharing straws spreads infection	-Avoid sharing straws and equipment to prevent spread of infectious disease -protect nostrils by rotating Left/right
	Clean surface (ie plastic card), plastic razor blade	Allows for clean surface to prepare/sniff drugs	
	Saline rinse and petroleum jelly	Clean and moisten nasal passages to reduce injury / open wounds in nasal passages that are portals of entry for infectious diseases	Use saline rinses after snorting
<b>Per rectal</b>  - Moderate onset -High biov	Needleless syringe	Squirts drug rectally	-Per rectal use has good bioavailability (in other words, very little gets wasted); start low go slow -dissolve drugs first to minimize anal irritation -may increase risk of STIs; use barrier protection. Safer sex education
	Water source (ideally sterile)	To dissolve drug prior to PR use; reduces tissue injury	
	Lube	More smoothly delivers drug and prevents rips and tears.	

\*Not exhaustive. Kits can include other components. All kits may include fentanyl test strips and education; safer sex supplies (condoms, pregnancy tests); naloxone; educational brochures, local resources including SSPs

\*\*Not exhaustive. We recommend opioid overdose counseling for all routes of use regardless of substance used given risk of fentanyl contamination. We recommend stimulant and overamping counseling for all individuals using stimulants.