



RECOMMENDED BEST PRACTICE POLICIES TO facilitate use of sterile equipment

for injecting anabolic steroids and/or hormones,
and for piercing and/or tattooing the skin



DISTRIBUTE SUPPLIES

- Sterile needles and syringes
- Offer a variety of needle and syringes suitable for intramuscular injection of anabolic steroids, hormones, tattooing and piercing
- Without requiring exchange of used ones
- Based on the quantity requested by clients with no limits

EDUCATE ABOUT

- Correct, single person use of needles and syringes
- Risks of using non-sterile needles/syringes for injecting, piercing, and/or tattooing
- The risks of sharing multi-dose vials or ampoules of anabolic steroids
- The potential risks associated with sharing tattooing supplies (e.g., needles, ink and ink pots)
- Safer use of equipment
- Safer injection practices

DISPOSE

- Dispose of used needles and syringes in accordance with local regulations for biomedical waste
- Offer multiple sizes of biohazard containers for safe disposal
- Offer multiple, convenient locations for safe disposal in rural, remote, and urban settings

RISKS

- Previously used needles/syringes may contain blood contaminated with HIV, HCV, and/or HBV
- Transmission may occur if used needles and syringes contaminated with HIV, HCV, and HBV are used by more than one person
- Re-use of needles to inject anabolic steroids can lead to pain, bruising and damage around injecting site
- Re-use of needles to inject hormones can lead to bacterial infections, skin, and vein damage
- The quality of steroids and hormones purchased through illegal sources is unknown and carry unknown harms and side effects

BEHAVIORS

- Anabolic steroid users may lack information about safer injecting practices
- Needle sharing among anabolic steroid users and people who tattoo, although rare, may occur
- Vials or ampoules of anabolic steroids can be shared
- Transgender people sometimes share hormones (e.g., testosterone) vials