



Booty Bumping

- Using substances by mixing them with water and squirting them into the bum.
- Also called "hooping", "boofing", "butt chugging", "plugging".



Reasons People Booty Bump

- Give veins and skin a break from injecting, or lungs a break from smoking.
- Save money: less substance is needed as more of it gets into your system faster.
- Increase pleasure and enjoyment.



Safety Tips

- Try using half of what you snort or swallow (more substance gets into your system faster through the bum).
- Alternate booty bumping with other ways of using substances.
- Use a lube injector (made for rectal insertion) or a syringe barrel without a needle and without a luer-lock (a tip with ridges).



Booty Bumping does not lower the risk of drug poisoning. Have naloxone, use with a buddy or an app.



Skin Tears

Any action that involves putting something in the bum can increase the risk of skin tears. Skin tears that are present during anal sex can increase the chances of getting a sexually transmitted blood borne infection (e.g., HIV, Hepatitis C).

If you want to booty bump and have anal sex, try:

- using your own syringe (not sharing),
- waiting 60-90 minutes to bottom if having anal sex, and
- avoiding "dabbing" (using undissolved substances), which is more damaging to the bum.



How to Booty Bump

1. Try to have a bowel movement before you booty bump.
2. Wash hands with soap and water or use hand sanitizer.
3. Dissolve substance in water.
4. Draw up the liquid into a needleless syringe. Put lube on tip and barrel of syringe.
5. Stand or lie on your side (reduces chance of leaking). Spread bum cheeks and put lube on anus (bum hole).
6. Slowly insert syringe tip into bum, about 1/2 an inch. Gently push syringe plunger until all liquid is in.
7. Leave syringe inserted for 1-2 minutes.
8. Pull out syringe and tighten your anal sphincter muscle (like trying not to fart).
9. Wipe leakage. Throw away syringe. Wash hands.

First time?
Practice with
water in case
you spill.