

## Why to use filters

Fillers in tablets and capsules (e.g., coatings and powders) can cause infections or damage to your veins, skin, heart, and lungs when injected. Use a filter to lessen harms.

**Use harm reduction filters for safer injection.**

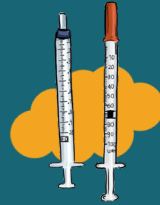


*It's not possible to know the contents of drugs or pills bought on the street. Tablets or capsules from a pharmacy are less likely to cause an overdose because their dose and contents are known.*

## Equipment (new or sterile)



Alcohol swab



1cc or 0.5cc syringe with or without needle



Sterile water



Cooker



Tie (tourniquet)



Filter



Something clean to crush your tablets or capsule beads with (e.g., pill crusher, spoons, paper, plunger end of rig)

\*Refer to Sterifilt FAST and Cotton Filter pamphlets

# How to prepare your drugs for Safer Tablet Injection

A resource for anyone who would like to inject tablets more safely



Filters can be used to make injecting pills safer — but injecting pills is never completely safe.

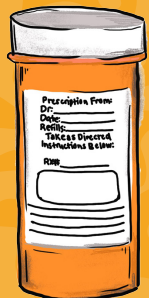
*To our loved ones, nearest and dearest who have died during a time when all overdose deaths are preventable.*



Find a harm reduction site or overdose prevention site: [towardtheheart.com/site-finder](https://towardtheheart.com/site-finder)



Get more information: [towardtheheart.com](https://towardtheheart.com)



Filters can be ordered by any harm reduction site in BC



Illustrations: Sophie McKenzie | Design: Hands On Publications

## Filter Types

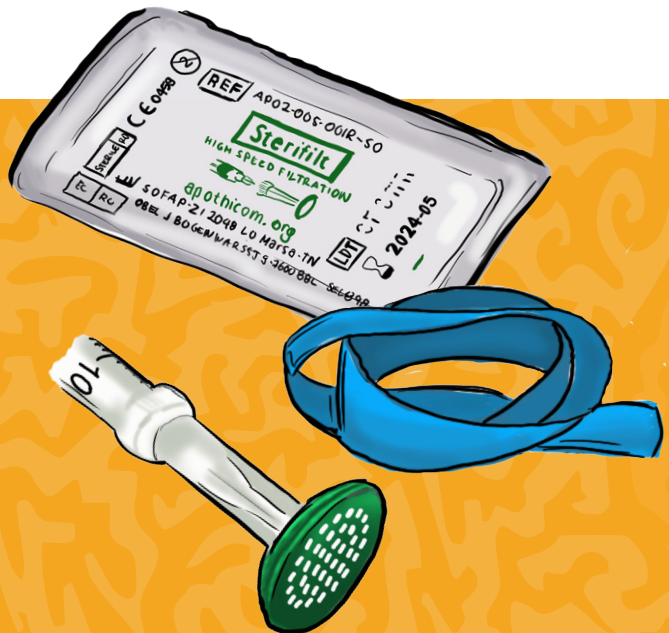
### HARM REDUCTION FILTERS (RECOMMENDED)

- ✓ 'Sterifilt' FAST filters remove most fillers.
- ✓ Cotton filters (like the one in the cooker) remove big particles, but not small ones.

### MAKESHIFT FILTERS (NOT RECOMMENDED)

(e.g., cigarette filters, Q-tips or cotton balls)

- ✗ Remove less fillers than harm reduction filters.
- ✗ Aren't sterile and may have bacteria or viruses which can cause infections (e.g., 'cotton fever').
- ✗ Cigarette filters may have small glass pieces or other harmful materials in them that can cause vein damage.



## Getting your dose ready

- 1 Wash your hands.
- 2 Use a clean surface and sterile equipment (e.g. pill crusher).  
*Use unused newspapers or magazines if you can't find a clean surface.*
- 3 Use a pill crusher or clean flap of paper to crush tablets.
- 4 Prepare your dose in a sterile cooker using a 'cold' or 'hot' method.

*Leave the cotton filter in the packaging until you're ready to use it.*



## Dissolving your dose

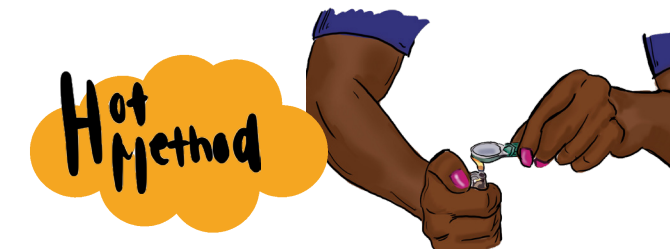
\* If the origin of your substance is unknown, it may be safer to heat your preparation.



The **cold method** is safer to use with prescribed tablets and capsules.

Dissolve dose with a few drops of sterile water in a sterile cooker. This can take 30 seconds to a few minutes.

- + Coatings or waxes do not dissolve and harm reduction filters filter them out.
- + Lab tests show drugs will dissolve in sterile water, even if other parts of the pill don't.
- This method doesn't kill bacteria or viruses.



Dissolve dose with a few drops of sterile water in a sterile cooker.

- + This method can kill some bacteria and viruses.
- Will melt some fillers (e.g., coatings/beads) which can get through filters and become harmful.

**Throw away needles, cookers and filters in sharps container for safety.**