

**Crack cocaine  
Safer use  
- Pipes**

**STinG**  
Stimulant Treatment in  
Gwent

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**IT'S NOT JUST NEEDLES!!**  
Pipes, spoons, needles and water can  
also transmit Hep C, HIV and STI's



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020 7702 2300  
Registered Charity 234887  
Written In 2006

**Warning**

If you get pains or tightness in the chest within 24 hours of using, seek medical attention immediately!

**What type of pipes are there?**

Tin Cans                      Plastic Bottles                      Glass  
Drinking Glasses                      Metal Pipes

**How the pipes can harm you?**

- Toxic paint, plastic or foil fumes can be inhaled causing damage to the respiratory system.
- The water vapour can be inhaled causing damage or bringing infections to the lungs.
- Heat from the pipes can cause burns, cuts or wounds to the lips and fingers, which can pass on Hepatitis, HIV and STI's.
- The glass is likely to shatter under the heat, if it's not toughened glass.
- The use of lighters and burners, so close to the hair and forehead, could cause burns or catch fire.
- Using ash for the filters, will mean that it is drawn into the lungs causing damage.

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## How can you reduce the harm?

- Always use your own pipe – Never share! Burns to fingers and lips may cause open wounds that can pass on Hep C, HIV and Herpes.
- If you have to share, wrap something like a piece of tape around the end, and remember to take it off from person to person.
- Try to buy less, the effect goes down after the first hit so why waste your money?
- Use in a safe place, with people you trust.
- Drink plenty of water - whilst using - to avoid dehydration.
- Use your own Vaseline on your lips to stop them drying out and causing cuts.
- Avoid using ash as a filter – use a metal gauze to prevent damage.
- Change metal filters frequently – to prevent them breaking into small bits and being inhaled.
- Invest in a good quality toughened glass pipe – cheaper glass pipes can explode or shatter.
- Heat with a lighter NOT a burner – this reduces the risks of over heating the pipe which could cause it to break and the lighter will go out if you pass out.
- Chew gum to stop your teeth from grinding or from biting the inside of your mouth.
- Eat before you use, you never know when you'll eat next!
- Try added vitamins to your diet, taken with orange/ lemon juice after using will help to aid your immune system.
- Have something to “play with in your hands” to avoid compulsive skin picking.
- Use a condom so that you can practice safe sex.
- Learn what to do in an emergency.
- Dispose of your pipe safely, in a yellow bin.
- Keep yourself as safe and healthy as you can!

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