

Additional Resources

Check out this step-by-step pictorial →

Or search “Sessi Blanchard and boofing”



Place any state/city-specific resources here (e.g., local syringe service program)

SAFER BOOFING GUIDE



What's in your kit?



Steps to BOOF

- 1 Poop!
- 2 Put drugs in cooker
- 3 Mix with 1 mL sterile saline
- 4 Draw dissolved drug up syringe
- 5 Lube up the syringe tip
- 6 Stand, squat, or lay on your side
- 7 Push syringe in around 1-2 cm
- 8 Plunge & dispose the syringe

FAQ

- What's boofing?**
- Also known as plugging or booty bumping
 - Using drugs rectally (in the buttole/anus)
 - The rectum has a lot of blood vessels that can absorb drugs
- Why boof?**
- Faster & stronger high than smoking/ swallowing
 - Give other parts of your body (veins/arms, nose) a break
 - If you can't hit a vein or your shot is starting to clot, you can take the needle off and boof to avoid wasting your drug
- Won't the drugs leak out?**
- Anal muscles act as a seal to prevent leaking
 - You can also lay down for 5-10 minutes to let the drugs absorb
- Are there risks?**
- The rectal lining is thin and easily irritated. Reduce damage by dissolving your drugs and using lubricant
 - Since drugs are easily absorbed via the rectum, consider halving your first dose to decrease overdose risk. You can always use more later
 - Use a condom if having anal sex after