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)
What’s boofing?
• Also known as plugging or booty bumping
• Using drugs rectally (in the butthole/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

What’s in your kit?
- Sterile saline
- Syringe (1 mL)
- Water-based lubricant
- Cookers

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