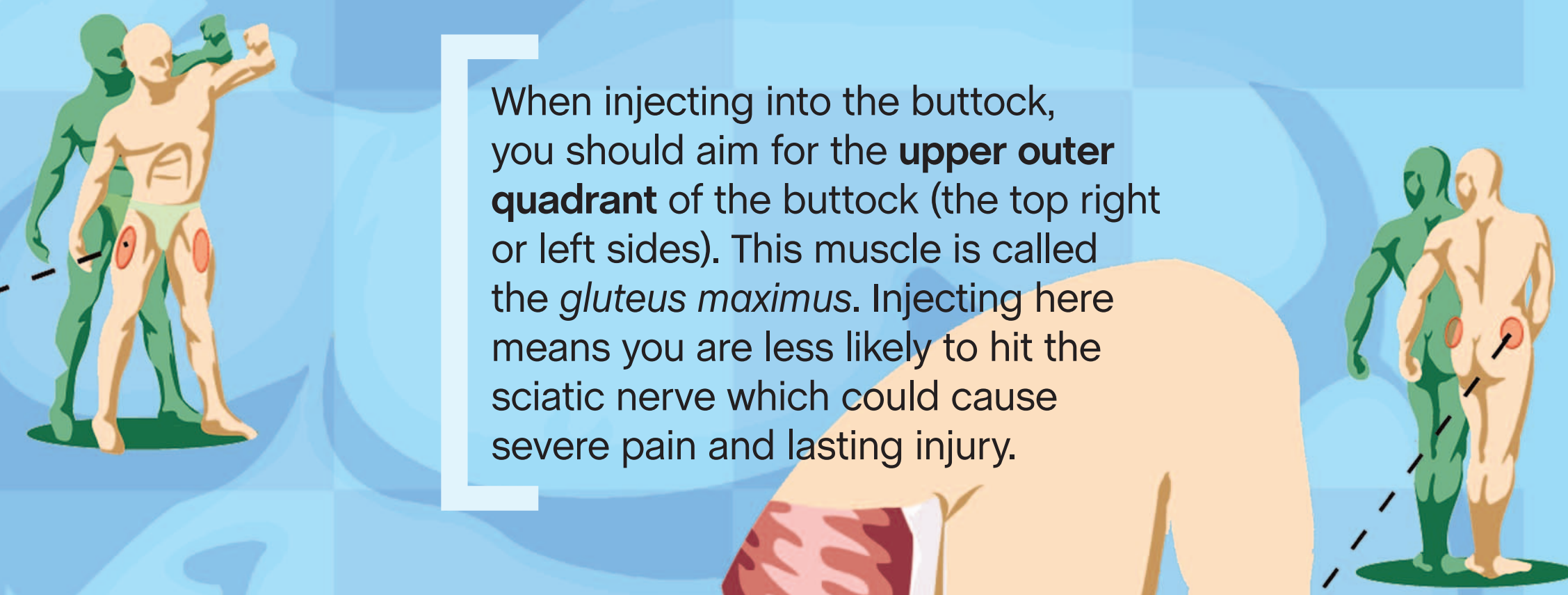
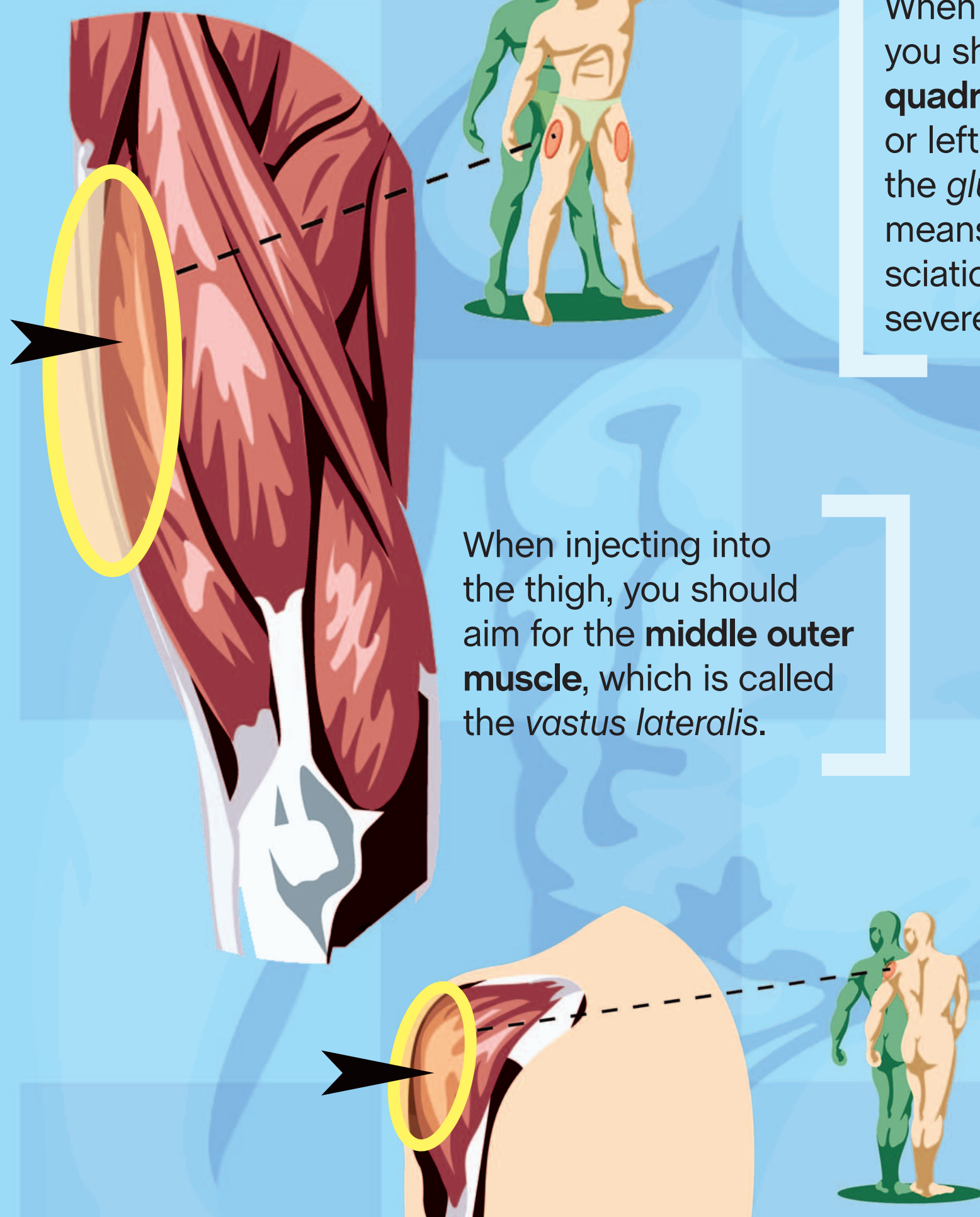


Anabolic Steroid INJECTION SITES

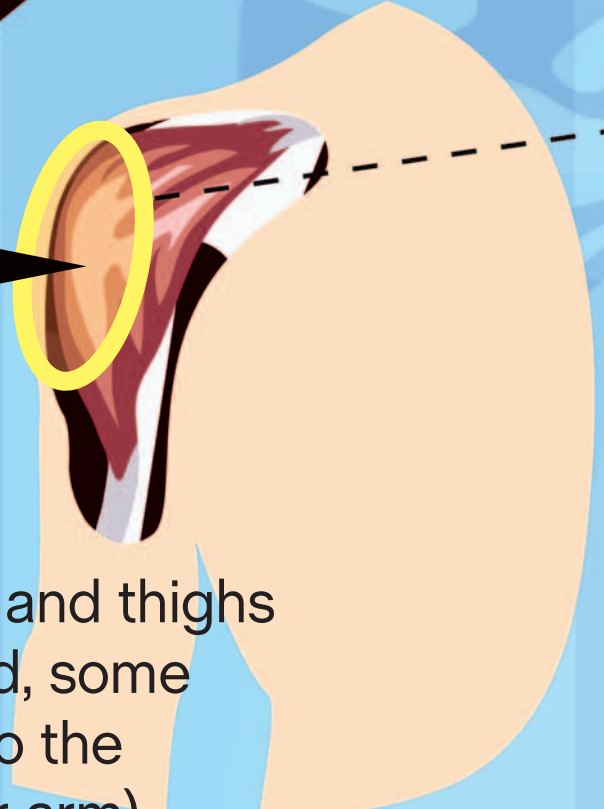
Anabolic steroids are usually injected into the thigh or the buttock (never the veins). Injecting into the wrong place can have serious consequences. Get good advice and make sure you know exactly what you are doing. Avoid injecting in the same spot twice in a row and rotate sites to allow each muscle a chance to recover.




When injecting into the buttock, you should aim for the **upper outer quadrant** of the buttock (the top right or left sides). This muscle is called the *gluteus maximus*. Injecting here means you are less likely to hit the sciatic nerve which could cause severe pain and lasting injury.



When injecting into the thigh, you should aim for the **middle outer muscle**, which is called the *vastus lateralis*.



If the buttocks and thighs cannot be used, some users inject into the deltoids (upper arm). This is not recommended for oil based steroids.



The smaller the muscle, the more pain and damage an injection will cause. More care must be taken and a smaller dose used. Warm solutions to body temperature, inject slowly and then massage **gently** to help distribute the drug.

Some steroid users inject specific sites all over the body (e.g. the calves) to target lagging muscle groups. This can be dangerous and, despite what some people tell you, there is no scientific evidence whatsoever to show that it works. Steroids act throughout the body – not locally.

Never share needles and syringes