

# **Insite 2010 Cookbook**

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*Suggested Citation:* Insite. Insite 2010 Cookbook. 2010 (updated 2018). 16 p.

## 1. Powders and Crystals

### **1.1: Heroin:** (Down, Smack, H, Dope, Horse, China White, Apple Juice, Junk)

Distinctive Feature: Dissolves in water with heat.

Notes: Some heroin comes in a rock form and needs to be crushed into a powder. Pour powder into cooker. Heat lightly to edge of boil (when first bubbles of boiling appear). Sometimes you need to stir with syringe plunger to help the powder dissolve. Repeat heating and stirring process until powder dissolves. There may be a wash left behind. You can use a Sterifilt on this.

#### **Supplies:**

- Cooker
- Syringe
- Sterile water
- Filter
- Tourniquet
- Fire (matches, candle, lighter)
- Alcohol wipes
- Gauze

#### **Technique:**

1. Wash Hands
2. Remove cooker from package, attach plastic handle cover
3. Put drug into cooker (If the heroin is in a hardened rock form it needs to be crushed)
4. Add preferred amount of sterile water
5. Heat drug and solution in cooker
  - 5.1. heat to point where bubbles appear, stirring if need to, until powder dissolves
6. Remove rig from package
7. Place filter on rig or cotton filter into cooker
8. Draw solution from cooker through the filter
9. Carefully remove filter if attached to rig
10. Finished; see qualified staff for safer injection technique if required

\*\*\*\*Filter. Either use a Sterifilt that fits on the end of a syringe or a sterile cotton ball. Cotton is a safer choice over cigarette filters.

## 1.2: Cocaine Power: (Up, powder, coke, snow, blow)

Notes: You may need to stir to help it dissolve. Really good cocaine powder comes in a rockier form and may need to be crushed. Pour powder into cooker. Add water and stir with sterile end of capped syringe until dissolved. Do not heat. Can use a Sterifilt on this.

### Supplies:

- Cooker
- Syringe
- Sterile water
- Filter
- Tie
- Alcohol wipes
- Gauze
- Paper (for crushing)

### Technique:

- 1) Wash Hands
- 2) Remove cooker from package and attach plastic handle cover
- 3) If it needs to be crushed do this in a folded paper sleeve
- 4) Put drug into cooker and add preferred amount of sterile water
- 5) Using syringe plunger stir mixture until powder dissolves
- 6) Remove rig from package
- 7) Place filter on rig or cotton filter into cooker
- 8) Draw solution from cooker through the filter
- 9) Carefully remove filter if attached to rig
- 10) Finished; see qualified staff for safer injection technique if required

\*\*\*\*Filter. Either use a Sterifilt that fits on the end of a syringe or a sterile cotton ball. Cotton is a safer choice over cigarette filters.

### 1.3 Methamphetamine: (Speed, jib, gak, meth, crystal, side)

Distinctive Feature: Dissolves in water without heat.

Notes: While you can crush the larger crystals into the powder in a paper sleeve, methamphetamine is water soluble so the crystals will dissolve in water by stirring in a cooker. Pouring directly into the cooker and stirring with the sterile side of the capped syringe reduces risk of contamination. Can use a Sterifilt on this.

#### **Supplies:**

- Cooker
- Syringe
- Sterile water
- Filter
- Tie
- Alcohol wipes
- Gauze
- Paper (for crushing)

#### **Technique:**

- 1) Wash hands
- 2) Remove cooker from package and attach plastic handle cover
- 3) Put drug into cooker
- 4) Add preferred amount of sterile water
- 5) Stir mixture until crystals dissolve
- 6) Remove rig from package
- 7) Place filter on rig or cotton filter into cooker
- 8) Draw solution from cooker through the filter
- 9) Carefully remove filter if attached to rig
- 10) Finished; see qualified staff for safer injection technique if required

\*\*\*\*Filter. Either use a Sterifilt that fits on the end of a syringe or a sterile cotton ball. Cotton is a safer choice over cigarette filters.

## 2. Rocks

### **2.1: Rock Cocaine: (Rock, Crack)**

Distinctive Feature: Dissolves in water with ascorbic acid.

Notes: Take user's amount of rock cocaine and place in the cooker. Pour in ascorbic or citric acid (start with about 1/3 of volume, more can be added if the rock does not break down completely). Add water and stir with the sterile end of the capped syringe. There is often residue left over from this process that will not break down. Can use a Sterifilt on this.

### **Supplies:**

- Cooker
- Syringe
- Sterile water
- Filter
- Tie
- Alcohol wipes
- Gauze
- Paper (for crushing)

### **Technique:**

1. Wash hands
2. Remove cooker from package and attach plastic handle cover
3. Put rock cocaine into cooker and add preferred amount of sterile water
4. Add ascorbic (or citric) acid (about 1/3 to 1/2 of volume of crack)
5. Stir and crush the crack, ascorbic acid, and water mixture with the sterile end of a capped syringe until dissolved
  - 5.1. add more ascorbic acid if the crack does not dissolve (there is often particulate residue left over that will not dissolve)
6. Remove rig from package
7. Place filter on rig or cotton filter into cooker
8. Draw solution from cooker through the filter
9. Carefully remove filter if attached to rig
10. Finished; see qualified staff for safer injection technique if required

\*\*\*\*Filter. Either use a Sterifilt that fits on the end of a syringe or a sterile cotton ball. Cotton is a safer choice over cigarette filters.

### 3. Tablets and Peelers

**3.1: Dilaudid:** (8mg, 4mg, 2mg) (Dilly, Dilly8, Dilly4, Dilly2)

Distinctive Feature: Needs to be crushed into powder, but dissolves in water with heat.

Notes: This is a brand name form of hydromorphone that will completely dissolve in water (all other hydromorphone tablets are dealt with in the next section). Pour powder into cooker. Add water. Heat slightly to edge of boil and stir with syringe plunger. Repeat until it is dissolved. Can use a Sterifilt on this.

#### Supplies:

- Cooker
- Syringe
- Sterile water
- Filter
- Tie
- Fire (matches, candle, lighter)
- Alcohol wipes
- Gauze
- Paper (for crushing)

#### Technique:

1. Wash hands
2. Remove cooker from package and attach plastic handle cover
3. Place tablet in folded piece of paper and crush it into a powder
4. Put drug into cooker
5. Add preferred amount of sterile water
6. Heat drug and solution in cooker
  - 6.1. heat to the point where bubbles appear, stirring if need to
  - 6.2. repeat until powder dissolves (Dilaudid will dissolve completely in water)
7. Remove rig from package
8. Place filter on rig or cotton filter into cooker
9. Draw solution from cooker through the filter
10. Carefully remove filter if attached to rig
11. Finished; see qualified staff for safer injection technique if required

\*\*\*\*Filter. Either use a Sterifilt that fits on the end of a syringe or a sterile cotton ball. Cotton is a safer choice over cigarette filters.

### **3.2: Tablets (all others):** (Opioids, Amphetamines, Ts&Rs, Oxis, Others)

Distinctive Feature: Needs to be crushed, does not completely dissolve in water with heat.

Notes: Almost all tablets have heavy chalk content; so even though the drug dissolves, the chalk will not. Thus there will be a residue left behind; in fact, it may appear that the whole dose is left behind. Crush tablet in paper sleeve. Pour into cooker, add water, and heat and stir with syringe plunger. Unlike Dilaudid and powdered opiates, you can cook this extensively. Repeat until drug suspended in solution. There will be a wash left over from this. Can use a Sterifilt on this.

#### **Supplies:**

- Cooker
- Syringe
- Sterile water
- Filter
- Tie
- Fire (matches, candle, lighter)
- Alcohol wipes
- Gauze
- Paper (for crushing)

#### **Technique:**

1. Wash hands
2. Remove cooker from package and attach plastic handle cover
3. Place tablet in folded piece of paper and crush it into powder
4. Put drug into cooker
5. Add preferred amount of sterile water
6. Stir and then heat mixture in cooker
  - 6.1. bring it to a boil and stir again
  - 6.2. repeat until drug suspended in solution
7. Remove rig from package
8. Place filter on rig or cotton filter into cooker
  - 8.1. draw solution from cooker through the filter
  - 8.2. carefully remove filter if attached to rig
9. Finished; see qualified staff for safer injection technique if required

\*\*\*\*Filter. Either use a Sterifilt that fits on the end of a syringe or a sterile cotton ball. Cotton is a safer choice over cigarette filters.

### **3.3: Peelers:** (These are usually single-release morphine)

Distinctive Feature: Needs to be peeled, crushed, and does not completely dissolve in water with heat. Some bulk or residue will still be visible after the drug is prepared for injection.

Notes: Scrape (or wash off with sterile water) the coating off of the tablet in question. After scraping off the coating, place tablet into paper sleeve and crush it with a pill crusher (or tape dispenser or die lighter). Pour resulting powder into cooker, add desired amount of water, heat to the edge of boiling (where first bubbles appear) and stir. Because it will not completely dissolve, this can be cooked extensively. Repeat until drug suspended in solution. Will leave a wash (i.e., left over drug residue).

#### **Supplies:**

- Cooker
- Syringe
- Sterile water
- Filter
- Tie
- Fire (matches, candle, lighter)
- Alcohol wipes
- Gauze
- Paper (for crushing)

#### **Technique:**

1. Wash hands
2. Remove cooker from package and attach plastic handle cover
3. Using a hard surface object (i.e. scissors) carefully scrape coating off of tablet or remove the hard, dyed coating with sterile water
4. Place tablet in folded paper and crush to powder
5. Put drug into cooker
6. Add preferred amount of sterile water
7. Stir and then heat mixture in cooker
  - 7.1. bring it to a boil and stir again
  - 7.2. repeat until drug is suspended in the solution
8. Remove rig from package
9. Place filter on rig or cotton filter into cooker
10. Draw solution from cooker through the filter
11. Carefully remove filter if attached to rig
12. Finished; see qualified staff for safer injection technique if required

\*\*\*\*Filter. Either use a filter that fits on the end of a syringe or a sterile cotton ball. Cotton is a safer choice over cigarette filters.

#### 4. Time Release Capsules

##### **4.1: Small Time Release Capsules:** (Morphine 100mg [greys], 60mg, 20mg)

Distinctive Feature: Needs to be crushed, possibly heated in water, cooled, and then filtered. The morphine is contained in a fine powder within the beads. The basic principle of preparing capsules for injection is to break the beads to release the powder. The powder can then be dissolved in water and used for injection.

Notes: Open capsule and pour time release beads carefully into a paper sleeve and crush them using some form of pill crusher (tape dispenser, bic lighter, etc). Pour resulting material into cooker. Heat and stir for a while. For filtration, do not use a Sterifilt on this. Soak the sterile cotton filter to be used with water before adding it to the cooker. If you add a dry filter it may suck wax into it and be clogged with wax before you even try to suck the drug into the syringe. There will be 1 to 2 washes left from a Kadian 100 mg, less so from others, each with diminishing results. There is also the toasting method. Do not use a Sterifilt on this.

##### Supplies:

- Cooker
- Syringe
- Sterile water
- Filter (sterile cotton filter)
- Tie
- Fire (matches, candle, lighter)
- Alcohol wipes
- Gauze
- Paper (for crushing)

##### Technique:

1. Wash hands
2. Remove cooker from package and attach plastic handle cover
3. Carefully pour time release beads into folded paper sleeve and crush them into a powder
4. Put drug into cooker
5. Add preferred amount of sterile water
6. Stir mixture with end of syringe plunger
  - 6.1. heat to edge of boil and stir again
  - 6.2. repeat this process until the drug is well mixed in the solution (be careful of adding too much heat as this will dissolve the wax too thoroughly into the solution. If it occurs, add a few drops of cold water to the mix to solidify the wax)
7. Remove rig from package
8. Place a wet cotton filter into cooker (do not use the steri-filters as they require a perfectly flat surface to work. Wet cotton filters do not draw solution into the filter, so no liquefied wax can be sucked into the filter inhibiting the draw)
9. Draw solution from cooker through the filter
10. Carefully remove filter if attached to rig
11. Finished; see qualified staff for safer injection technique if required

#### 4.2: Large Time Release Capsules: (Kadians and Hydromorphone)

Distinctive Feature: Need to be crushed and stirred. Do not heat. The drug is contained within the time-release beads, so the beads need to be broken to release their powdery contents. Heating some beads in water can cause the preparation to gel, so this method is generally not recommended.

Notes: These are a pain in the neck to work with and require a bit of elbow grease. Pour time release balls into the paper sleeve and crush them with a pill crusher (or a tape dispenser or bic lighter). Pour resulting mass into a cooker and add water and stir thoroughly for a while. Note\*\*\*\*\* Do not heat as this will create a waxy mess that will be very difficult to draw into a syringe. When drawing into the syringe it should appear as a watery milky colour. There will be 1 to 2 good washes from this. There is also the toasting method (for preparing the beads for crushing) but this takes a long time to do and can be side stepped by using a little elbow grease.

#### Supplies:

- Cooker
- Syringe
- Sterile water
- Filter
- Tie
- Alcohol wipes
- Gauze
- Paper (for crushing)

#### Technique:

1. Wash hands
2. Remove cooker from package and attach plastic handle cover
3. Carefully pour time release balls into a folded paper sleeve (these balls are very hard and require a bit of elbow grease) and crush them thoroughly into a powder
4. Put drug into cooker
5. Add preferred amount of sterile water
6. Do not heat it as it turns into a waxy mess that is difficult to draw into a syringe
  - 6.1. stir thoroughly until drug is suspended in the solution
7. Remove rig from package
8. Place a cotton filter into cooker
9. Draw solution from cooker through the filter
10. Carefully remove filter if attached to rig
11. Finished; see qualified staff for safer injection technique if required

\*\*\*\*Filter. Either use a Sterifilt that fits on the end of a syringe or a sterile cotton ball. Cotton is a safer choice over cigarette filters.

**5.1: Fentanyl:** Is an extremely powerful opioid patch that is prescribed for placement on the skin for slow and steady absorption.

Distinctive Feature: Fentanyl is suspended within the patches' adhesive layer. Needs to be warmed in water with ascorbic acid, then flushed, and repeated until drug / adhesive is separated from the patch.

Notes: Place the patch in a cooker with the sticky (the active ingredient) side up. Add water (and a bit of ascorbic/citric acid to this). Heat to warm (not hot or boiling as this could release the plastic of the patch into the solution). With a 3cc syringe barrel and a 22G 1½ tip needle (thus using a fair amount of water and a wide tip) draw water up from the cooker and flush over the sticky side of the patch. Repeat this process until the patch is no longer sticky. This can be done in 10 minutes, but usually takes up to 20 minutes.

**Supplies:**

- Cooker
- Syringe
- 3cc syringe barrel
- 22G 1½ tip needle
- Sterile water
- Filter
- Tie
- Fire (matches, candle, lighter)
- Alcohol wipes
- Gauze

**Technique:**

- 1) Wash hands
- 2) Remove cooker from package and attach plastic handle cover
- 3) Cut a piece of fentanyl patch that will fit into a cooker and place sticky side up (active ingredient side up) in cooker
- 4) Add a fair bit of water in cooker to cover the piece of fentanyl
- 5) Add ascorbic acid
- 6) Attach 22G 1½ tip needle to 3cc syringe barrel
- 7) Heat to warm only making sure ascorbic acid is dissolved into solution (boiling the patch may break down plastic particles into the solution)
- 8) Draw water into the syringe and flush over the patch
- 9) Repeat warming and flushing process until the patch piece is no longer sticky (meaning that the active ingredient is now suspended in the solution)
- 10) Remove syringe from package
- 11) Place filter on rig or cotton filter into cooker and draw solution from cooker through the filter
- 12) Carefully remove filter if attached to rig
- 13) Finished; see qualified staff for safer injection technique if required

\*\*\*\*Filter. Either use a Sterifilt that fits on the end of a syringe or a sterile cotton ball. Cotton is a safer choice over cigarette filters.

## **6. Pastes: (Tar Heroin, Opium)**

**6.1 Tar Heroin:** Is very rare in Vancouver, BC. It is usually found in areas closer to the US border with Mexico or in regions that acquire its Heroin from Mexican sourced suppliers. Opium is rarely injected, however very refined pure Opium can be prepared for IV drug use.

Distinctive Feature: Need to be heated in water with ascorbic acid and stirred. Repeat until dissolved.

Notes: Place Tar Heroin or Opium in cooker. Add water to the cooker. Add a small amount of Ascorbic/Citric acid (start with 10-25 % of volume). This is traditionally used to help break down Tar Heroin (and it's closely related cousin Opium) into a water soluble injectable form. Heat to warming or edge of boiling (slight pre-boil bubbles appearing), and stir with syringe plunger. Repeat this until dissolved. Filter, filter, filter.

### **Supplies:**

- Cooker
- Syringe
- Sterile water
- Filter
- Tie
- Fire (matches, candle, lighter)
- Alcohol wipes
- Gauze

### **Technique:**

1. Wash hands
2. Remove cooker from package and attach plastic handle cover
3. Put drug into cooker
4. Add preferred amount of sterile water
5. Add a small amount of ascorbic acid to help break down the paste (10%-25% of volume)
6. Heat drug and ascorbic acid solution in cooker
  - 6.1. stir with syringe plunger
  - 6.2. repeat process until dissolved
7. Remove rig from package
8. Place filter on rig or cotton filter into cooker
9. Draw solution from cooker through the filter
10. Carefully remove filter if attached to rig
11. Finished; see qualified staff for safer injection technique if required

\*\*\*\*Filter. Either use a Sterifilt that fits on the end of a syringe or a sterile cotton ball. Cotton is a safer choice over cigarette filters.

## **7. Liquids (Morphine)**

**7.1 Morphine:** Sometimes people do show up with vials of liquid morphine. It is essential for them to inject an amount of air into the vial which equals the amount of the drug to be drawn out. This avoids creating a vacuum in the vial.

Distinctive Feature: Can be drawn directly into syringe.

### **Supplies:**

- Syringe
- Sterile water
- Tie
- Alcohol wipes
- Gauze

### **Technique:**

- 1) Wash hands
- 2) Remove rig from package
- 3) Draw solution from vial with syringe making sure to inject equivalent amount of air into the vial so that a vacuum is not created
- 4) Finished; see qualified staff for safer injection technique if required

## 8. Approximate Analgesic Equivalences

Approximate Equivalent Dose (mg; compared to morphine 10 mg IM)

Agonists	Parenteral	Oral
Codeine	120	200
Fentanyl	0.1	N/A
Hydromorphone	2	6
Morphine	10	Single or intermittent dosing: 60 Around-the-clock dosing: 30
Oxycodone	N/A	15-20
Tramadol	N/A	180
Tapentadol	N/A	100

Agonists	Parenteral	Oral
Buprenorphine	N/A	N/A
Butorphanol	2	N/A
Nalbuphine	10	N/A
Pentazocine	60	180

\*All recorded information is taken from *Compendium of Pharmaceuticals and Specialties (CPS)*, Section: Opioids.

\*Please refer to individual drug monographs for further information.

\*From CPS "These approximate analgesic equivalencies should be used only as a guide for estimating equivalent doses when switching from one opioid to another. Additional references should be consulted to verify appropriate dosing of individual agents."

## 9. Additional Resources on Drug-Use Equipment, Disposal and Education

Strike C, Hopkins S, Watson TM, et al. Best practice recommendations for Canadian harm reduction programs that provide service to people who use drugs and are at risk for HIV, HCV, and other harms: **part 1**. Toronto (ON): Working Group on Best Practice for Harm Reduction Programs in Canada; 2013. Available from: <http://www.catie.ca/en/programming/best-practices-harm-reduction>

Strike C, Watson TM, Gohil H, et al. Best practice recommendations for Canadian harm reduction programs that provide service to people who use drugs and are at risk for HIV, HCV, and other harms: **part 2**. Toronto (ON): Working Group on Best Practice for Harm Reduction Programs in Canada; 2015. Available from: <http://www.catie.ca/en/programming/best-practices-harm-reduction>