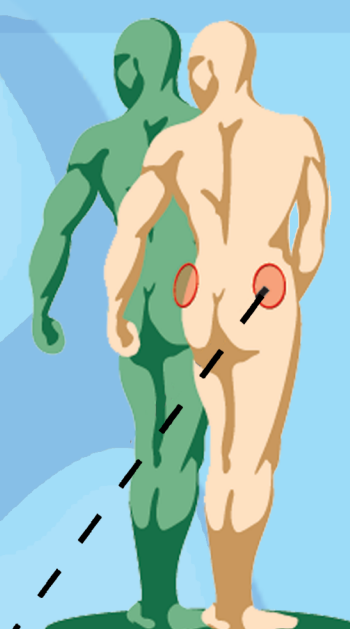


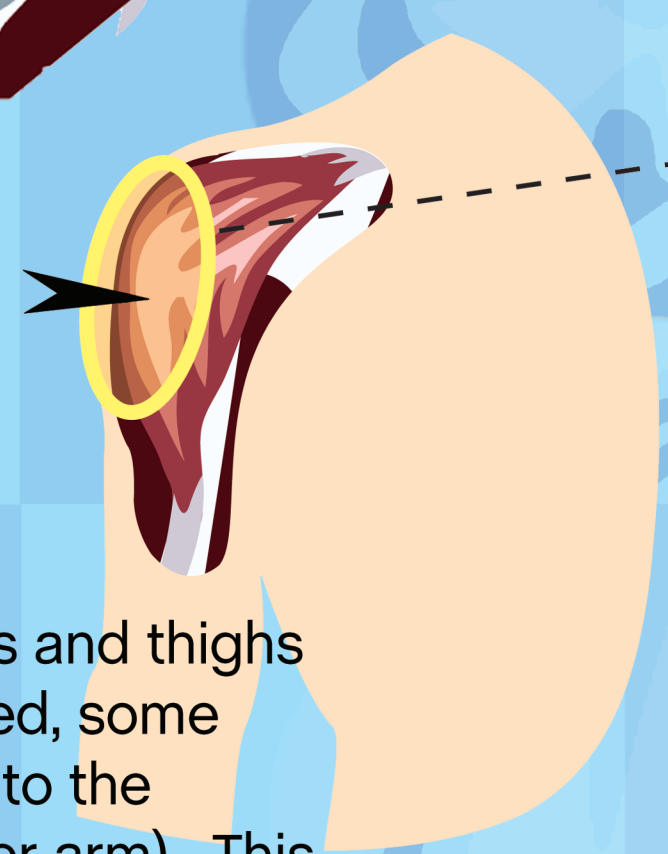
# [Anabolic Steroids]

## Injection sites

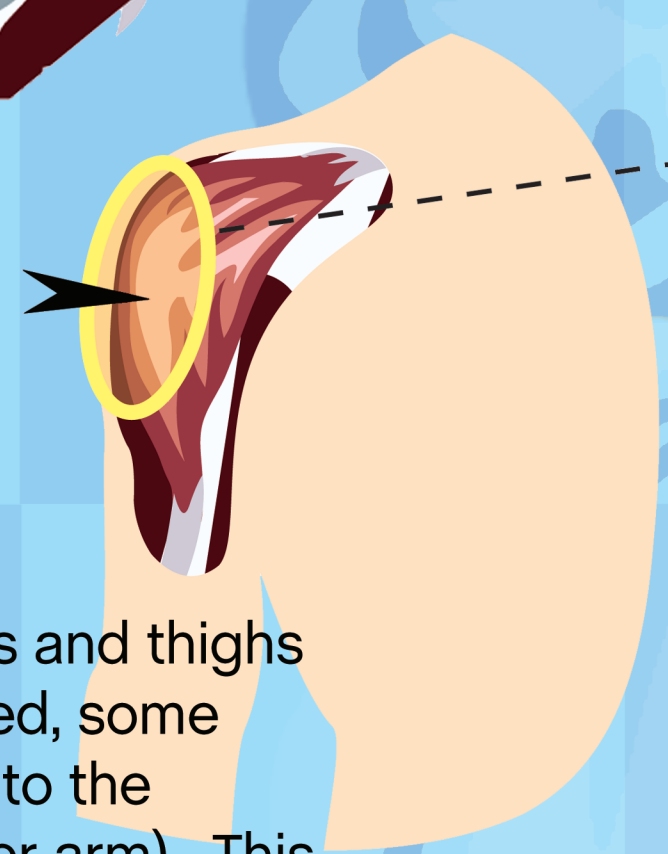
Anabolic steroids are usually injected into the thigh or the buttock (never the veins). Injecting into the wrong place can have serious consequences ranging from internal bruising to permanent paralysis. Get good advice and make sure you know exactly what you are doing. Avoid injecting in the same spot twice in a row, 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.

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.



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 gently massage the area to help distribute the drug.

SCIATIC NERVES

**Never share any injection equipment**

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