

INFORMED
BY PEOPLE
WHO USE
DRUGS IN
VANCOUVER

COOKBOOK FOR SUPERVISED CONSUMPTION SERVICES

Cookbook

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1. Powders and Crystals

1.1 Heroin: (Down, Smack, H, Dope, Horse, China White, Apple Sauce, Junk)

Distinctive Feature: Dissolves in water with heat.

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

Can use a steri-filter on this.

Supplies

- Cooker
- Syringe/Rig
- Sterile
- Water
- Filter
- Tie
- Heat Source (Matches, Lighter, Candle)
- Alcohol wipes
- Gauze
- Paper (for crushing)

Technique

- Wash hands.
- Remove cooker from package, attach plastic handle cover.
- Put drug into Cooker (If heroin is in a hardened rock form it needs to be crushed in a folded piece of paper before being poured into the cooker)
- Add preferred amount of sterile water.
- Heat drug and solution in cooker. Heat to point where bubbles appear, stirring if needed, until the powder is dissolved.
- Remove syringe from package.
- Place filter on tip of syringe, or cotton filter into cooker.
- Draw solution from cooker through the filter.
- Carefully remove filter if attached to syringe.
- Finished. See qualified staff for safer injection techniques if required.

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

1.2 Cocaine Powder (Up, Powder, Coke, Snow, Blow)

Distinctive Feature: Dissolves in water without heat.

Notes: You may need to stir to help powder dissolve. Really good cocaine comes in a rockier form and may need to be crushed in a paper sleeve. **Do not heat liquid.**

Can use a steri-filter on this.

Supplies

- Cooker
- Syringe/Rig
- Sterile Water
- Filter
- Tie
- Alcohol wipes
- Gauze
- Paper (for crushing)

Technique

- Wash hands.
- Remove cooker from package, attach plastic handle cover.
- Put drug into Cooker (If it needs to be crushed. Place in a folded piece of paper)
- Add preferred amount of sterile water.
- Remove syringe from package.
- Place filter on tip of syringe, or cotton filter into cooker.
- Draw solution from cooker through the filter.
- Carefully remove filter if attached to syringe.
- Finished. See qualified staff for safer injection techniques if required.

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

1.3 Methadone (Meth)

Distinctive Feature: Dissolves in with heat.

Notes: Methadone is white and crystalline. Is much stronger (5 times stronger) than uncut heroin. Pour desired amount of drug into cooker add water, heat slightly and stir with syringe plunger until dissolved.

Can use a steri-filter on this.

Supplies

- Cooker
- Syringe/Rig
- Sterile Water
- Filter
- Heat Source (Matches, Lighter, Candle)
- Tie
- Alcohol wipes
- Gauze
- Paper (for crushing)

Technique

- Wash hands.
- Remove cooker from package, attach plastic handle cover.
- Put drug into Cooker (If it needs to be crushed. Place in a folded piece of paper)
- Add preferred amount of sterile water.
- Heat drug and solution in cooker. Heat to point where bubbles appear, stirring if needed, until the powder is dissolved.
- Remove syringe from package.
- Place filter on tip of syringe, or cotton filter into cooker.
- Draw solution from cooker through the filter.
- Carefully remove filter if attached to syringe.
- Finished. See qualified staff for safer injection techniques if required.

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

1.4 Methamphetamine (Side, Speed, Jib, Gak, Fast, Meth, Crystal)

Distinctive Feature: Dissolves in water without heat.

Notes: While you can crush the larger crystals into powder in a paper sleeve, Methamphetamine is water soluble so the crystals will dissolve in water by stirring in a cooker. **Do not heat liquid.**

Can use a steri-filter on this.

Supplies

- Cooker
- Syringe/Rig
- Sterile Water
- Filter
- Tie
- Alcohol wipes
- Gauze
- Paper (for crushing)

Technique

- Wash hands.
- Remove cooker from package, attach plastic handle cover.
- Put drug into Cooker.
- Add preferred amount of sterile water.
- Stir mixture until crystals dissolve.
- Remove syringe from package.
- Place filter on tip of syringe, or cotton filter into cooker.
- Draw solution from cooker through the filter.
- Carefully remove filter if attached to syringe.
- Finished. See qualified staff for safer injection techniques if required.

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

2. Rock Cocaine

2.1 Rock Cocaine (Rock, Crack)

Distinctive Feature: Dissolves in water with ascorbic or citric acid.

Notes: Take users amount of Rock Cocaine and place in cooker. You can also crush the rock in paper sleeves before placing in cooker- this makes it easier to breakdown then trying to crush it in the cooker. If you use this method you will have to scrape the rock paste off the paper as it is oily.) Pour in ascorbic or citric acid- start with about 1/3 of volume, more can be added if the rock does not breakdown completely. Add water and stir with syringe plunger. There is often/likely residue left over from this process that will not breakdown. **Do not heat liquid.**

Can use a Steri-filter on this.

Supplies

- Cooker
- Syringe/Rig
- Sterile Water
- Filter
- Ascorbic or Citric acid
- Tie
- Alcohol wipes
- Gauze
- Paper (for crushing)

Technique

- Wash hands.
- Remove cooker from package, attach plastic handle cover.
- Place crack in folded paper and crush.
- Scrape drug off paper and put in cooker.
- Add preferred amount of sterile water.
- Add Ascorbic or Citric acid, about 1/3 of volume of crack. More can be added as needed.
- Stir crushed crack, Ascorbic or Citric acid and water mixture until dissolved. Add more Ascorbic or Citric acid if crack is not dissolving. There is likely to be some particulate residue left over that will not dissolve.
- Remove syringe from package.
- Place filter on tip of syringe, or cotton filter into cooker.
- Draw solution from cooker through the filter.
- Carefully remove filter if attached to syringe.
- Finished. See qualified staff for safer injection techniques if required.

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

3. Tablets and Peelers

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

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

Notes: This is a brand name for Hydromorphone that will completely dissolve in water (all other Hydromorphone tablets are dealt with in the following section.) Put tablet into paper sleeve and crush into powder. Pour powder into cooker. Add water. Heat slightly to edge of boil and stir with syringe plunger. Repeat until dissolved.

Can use a steri-filter on this.

Supplies

- Cooker
- Syringe/Rig
- Sterile Water
- Filter
- Heat Source (Matches, Lighter, Candle)
- Tie
- Alcohol wipes
- Gauze Paper (for crushing)

Technique

- Wash hands.
- Remove cooker from package, attach plastic handle cover.
- Place tablet in folded piece of paper and crush into a powder.
- Put drug into cooker.
- Add preferred amount of sterile water.
- Heat drug and solution in cooker. Heat to point where bubbles appear, stirring if needed, until the powder is dissolved. Dilaudid will dissolve completely in water.
- Remove syringe from package.
- Place filter on tip of syringe, or cotton filter into cooker.
- Draw solution from cooker through the filter.
- Carefully remove filter if attached to syringe.
- Finished. See qualified staff for safer injection techniques if required.

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

3.2 Tablets (All Others) (Opioids, Amphetamines, Ts&Rs, Ozis and others)

Distinctive Feature: Needs to be crushed. Doesn't completely dissolve in water with heat.

Notes: Almost all tablets have a 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 then heat and stir with syringe plunger. Unlike Dilaudid and powder opiates you can cook this extensively. Repeat until drug suspended in solution. There will be a wash left over from this.

Can use a steri-filter on this.

Supplies

- Cooker
- Syringe/Rig
- Sterile Water
- Filter
- Heat Source (Matches, Lighter, Candle)
- Tie
- Alcohol wipes
- Gauze Paper (for crushing)

Technique

- Wash hands.
- Remove cooker from package, attach plastic handle cover.
- Place tablet in folded piece of paper and crush into a powder.
- Put drug into cooker.
- Add preferred amount of sterile water.
- Stir and then heat mixture in cooker. Bring to a boil and stir again. Repeat until drug suspended into solution.
- Remove syringe from package.
- Place filter on tip of syringe, or cotton filter into cooker.
- Draw solution from cooker through the filter.
- Carefully remove filter if attached to syringe.
- Finished. See qualified staff for safer injection techniques if required.

***Filter. Either use a sterile filter which fits on the end of syringe or a 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.

Notes: Scrape the coating off the tablet in question. After scraping odd the coating place tablet into paper sleeve and crush it into a pill crusher (or tape dispenser or Bic lighter). Pour resulting powder into cooker, add desired amount of water, heat to edge of boil and stir. Will not completely dissolve in water, can be cooked extensively. Repeat until drug suspended in solution. There will be a wash left over.

Can use a steri-filter on this.

Supplies

- Cooker
- Syringe/Rig
- Sterile Water
- Filter
- Heat Source (Matches, Lighter, Candle)
- Tie
- Alcohol wipes
- Gauze Paper (for crushing)

Technique

- Wash hands.
- Remove cooker from package, attach plastic handle cover.
- Using a hard surface object carefully scrape coating off the tablet. For example use a scissors.
- Place tablet in folded piece of paper and crush into a powder.
- Put drug into cooker.
- Add preferred amount of sterile water.
- Stir and then heat mixture in cooker. Bring to a boil and stir again. Repeat until drug suspended into solution.
- Remove syringe from package.
- Place filter on tip of syringe, or cotton filter into cooker.
- Draw solution from cooker through the filter.
- Carefully remove filter if attached to syringe.
- Finished. See qualified staff for safer injection techniques if required.

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

4. Time Release Capsules

4:1: Capsules with Small Time-release balls: Morphine (100mg (greys), 60mg, 20mg)

Notes: Pour time release beads carefully into a paper sleeve and crush them using some form of pill crusher (Tape dispenser, bic lighter, pill crusher, etc.) Pour resulting material into cooker. Heat and stir for a while. For filtration, do not use a Steri-filter on this. Soak the 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 1-2 washes left from a morphine grey, less so from others each with diminishing results.

There is also the toasting method. See notes at end of booklet for a description.

Do not use a Steri-filter on this.

Supplies

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

Technique

- Wash hands.
- Remove cooker from package and attach plastic handle cover.
- Carefully pour time release beads into folded paper sleeve.
- Crush to powder and put drug in cooker.
- Add preferred amount of sterile water and stir mixture with end of syringe plunger.
- Heat to edge of boil and stir again. 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 gets this way, add a few drops of cold water to the mix to solidify the wax.
- Place a wet cotton filter into cooker. Do not use Steri-filters as they require a perfectly flat surface to work. Wet cotton filters do not draw solution into the filter, in this way no liquefied wax can be sucked into the filter inhibiting the draw.
- Draw solution from cooker through the filter.
- Carefully remove filter if attached to rig.
- Finished. See qualified staff for safer injection technique if required.

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

4:2: Large Time Release Capsules: (Kadians and Hydromorphone)

Distinctive Feature: need to be crushed and stirred. Do not heat.

Notes: these are a pain in the neck to work with and require a bit of elbow grease. Pour time release balls into a paper sleeve and crush them with some type of pill crusher (pill crusher, tape dispenser, bic lighter, etc.) 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 1-2 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 sidestepped by using a little elbow grease. See section 9 for a description of this.

Supplies

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

Technique

- Wash hands.
- Remove cooker from package, attach plastic handle cover.
- Carefully pour time release balls into a folded paper sleeve. These balls are very hard and require a bit of elbow grease. Crush them thoroughly into a powder.
- Put drug into cooker/ add [referred amount of sterile water. Do not heat as it turns into a waxy mess that is difficult to draw into a syringe.
- Stir thoroughly until drug is suspended in the solution.
- Remove rig from package.
- Place a cotton filter into cooker.
- Draw solution from cooker through the filter.
- Carefully remove filter if attached to rig.
- Finished. See qualified staff for a safer injection technique if required.

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

5. Patches: (Fentanyl)

5:1: Fentanyl: is an extremely powerful opioid patch that is prescribed for placement on the skin for slow and steady absorption. For IV drug use a very small amount is usually required (about the size of a quarter for most users.)

Distinctive Feature: Need to be warmed in water with ascorbic acid, then flushed, repeat until drug 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 break down the plastic of the patch and it would be present in the solution. With a 3cc barrel and a 22G tip (thus using a fair amount of water and a wide tip) draw water up from 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 barrel
- 22G 1½ tip
- Sterile water
- Filter
- Tie
- Fire (matches, candle, lighter)
- Alcohol wipes
- Gauze
- Paper (for crushing)

Technique

- Wash hands.
- Remove cooker from package, attach plastic handle cover.
- Cut a piece of fentanyl patch that will fit into a cooker and place sticky side up (active ingredient side up) in a cooker.
- Add a fair bit of water in cooker to cover the piece of fentanyl.
- Add ascorbic acid (this helps break down the active drug).
- Attach 22G 1½ tip to 3cc barrel.
- Heat to warm only making sure ascorbic acid is dissolved into solution. Boiling the patch may break down plastic particles in to the solution.
- Using 3cc barrel and tip, draw water into barrel and flush over the patch.
- Repeat warming and flushing process until the patch piece is no longer sticky (meaning that the active ingredient is now suspended in the solution).
- Remove 1cc syringe from package and place filter on rig or cotton filter into cooker.
- Draw solution from cooker through the filter. Carefully remove filter if attached to rig.
- Finished. See qualified staff for safer injection technique if required.

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

5. 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 its closely related cousin Opium) into a water soluble injectable form. Heat to warming or edge of boiling (when slight pre-boil bubbles appear) 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
- Paper (for crushing)

Technique

- Wash hands.
- Remove cooker from package attach plastic handle cover.
- Put drug into cooker. Add preferred amount of sterile water.
- Add a small amount of ascorbic acid solution in cooker. Stir with syringe plunger.
- Repeat process until dissolved.
- Remove rig from package and place filter on rig or cotton filter into cooker.
- Draw solution from cooker through the filter. Carefully remove filter if attached to rig.
- Finished. See qualified staff for safer injection technique if required.

****Filter. Either use a sterile filter which fits on the end of a syringe or a 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 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

Techniques

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

8. Approximate Analgesic Equivalences

Drug	Approx. Equivalent Dose (mg; compared to Morphine 10 mg IM)		Bioavailability of Oral Dosage Form	Extra Info
	<i>Parenteral</i>	<i>Oral</i>		
Agonists				
Alfentanil	0.4-0.8	N/A		
Codeine	100-120	200	0.3	
Diamorphine (Heroin)	8		0.4	
Fentanyl	0.1-0.2 (100 mcg)	N/A	N/A	Approx. 50X to 100X more potent than morphine. Crosses mucous membranes very well.
Hydromorphone	2	4-6	0.6	
Morphine	10	20-30	0.3	Approx. 10X as potent as codeine.
Methadone	2-10	2-4	1.0	
Oxycodone (Percocet, Oxycontin)	10	20-30	0.8	Approx. 1.5X more potent than morphine.
Pethidine (Meperidine)	75	300		
Propoxyphene	50	100		
Sufentanil	0.01-0.04	N/A	N/A	Approx. 5X to 10X more potent than fentanyl. Crosses mucous membranes very well.
Tramadol	<i>Not Established</i>	<i>Not Established</i>		
Agonist- Antagonists	<i>Parenteral</i>	<i>Oral</i>		
Buprenorphine	<i>Not used in Canada as an analgesic</i>			
Butorphanol	2	N/A		
Nalbuphine	10	N/A		
Pentazocine	60	180		

Note: The ratio from oral to SC/IV is 2:1 on most occasions.

Note: These conversions are from reliable sources, but should be used as estimates only as there may be variation based on an individual's tolerance, underlying medical conditions, other substances used, ETOH use, and the unpredictability of the strength of street drugs such as heroin. All IV drug users should start low and go slow when using a substance new to them and do a "test" shot when there is a new substance or new dealer, etc.

*Recorded information taken from CPS 2009, Page 1634, Section: Opioids.

*Please refer to individual monograph 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 Drug-Specific Information

- Oral to parenteral potency varies between 2:1 and 3:1.
- Fentanyl transdermal patch is not recommended for opioid-naïve patients. Previous opioid should be tapered over the first 12 hours of Fentanyl as absorption is delayed.

Recommended conversion for fentanyl to oral 4-hourly morphine equivalent as follows:

Morphine	Fentanyl
15-20 mg Q4H	25 µg/hr
25-35 mg Q4H	50 µg/hr
40-50 mg Q4H	75 µg/hr
55-65 mg Q4H	100 µg/hr

**Adequate breakthrough medication should always be provided when using long-acting opioids, but especially when switching to fentanyl as the predicted doses of fentanyl are sometimes too conservative. A withdrawal syndrome may also occur when switching to fentanyl, which responds to tapering doses of the previous opioid.*

- Codeine doses above 300mg/12hr are not recommended. If higher doses are needed, recommend switching to a strong opioid such as morphine.
- Tylenol No. 3 contains acetaminophen 300mg + codeine 30mg + caffeine 15mg per tablet.
 - To make 120 mg of codeine, four Tylenol No. 3 tablets Q4H are required, which contain a toxic amount of acetaminophen – The maximum recommended dose for acetaminophen is 4000mg (or 12 Tylenol No. 3 tablets) per 24 hours.
 - Two Tylenol No. 3 tablets = 10 mg Morphine PO.
- Percocet contains acetaminophen 325mg + oxycodone 5mg per tablet.
 - To make 20 mg of oxycodone, four Percocet tablets Q4H are required, which contain a toxic amount of acetaminophen – The maximum recommended dose for acetaminophen is 4000mg (or 12 Percocet tablets) per 24 hours.
- Methadone has a prolonged and variable half-life. Regular dosing increases potency. A 1:10 initial conversion ratio is recommended for most patients. Extreme caution is necessary when switching to methadone from high doses of other opioids due to extreme individual variability. Initial dose should not exceed 15 mg per day. Prescribing methadone requires additional education by the College of Physicians and Surgeons to obtain a special methadone prescribing license for pain and chemical dependency.