



Safer booty bumping for guys who party and play

If you booty bump, here are some tips on how to do it safely to prevent potential harms such as anal damage or sexually transmitted and blood-borne infections (STBBIs). This will make your party and play (PnP) experience even more enjoyable!



10 steps to follow for safer booty bumps:

1. Poop so that there is nothing to prevent absorption of the drugs.
2. Wash your hands with soap and water.
3. Choose a drug that can dissolve in water.
4. Place your drug in your own cup, add room-temperature sterile water and mix thoroughly with your own mixing tool to turn your drug into a solution.
5. Draw the solution up into your own needleless syringe.
6. Use your personal lube to lubricate the outside of the syringe.
7. Find a comfortable position and insert a few centimetres of the syringe into your buttock.
8. Hold onto your syringe as you slowly press the plunger, allowing the drug solution to enter into your bum.
9. Wait a couple of minutes for the solution to absorb and not leak out before carefully removing the syringe.
10. Done! Always remember to wash your hands and clean up.



Try to use new supplies for each party, or wash your own supplies with soap and water between parties. Don't share with others.



Start low, go slow.

The bum absorbs drugs into your bloodstream very quickly. The potential for overdose is high. If you're a trans guy who has a front hole and you use it for booty bumping, it can take longer for the solution to absorb and for you to feel high than if you use your bum.



Tips for safer sex while booty bumping

Here are some tips to prevent anal or front hole damage such as tears and to reduce the chance of getting or passing STBBIs including hepatitis C, HIV and syphilis.



- Use plenty of your own lube.
- Wait as long as possible (at least five to 10 minutes) between booty bumping and bottoming to allow your body to absorb the drugs.



- Look out for blood when booty bumping and pay close attention to your and your partners' bodies for signs of distress. Some drugs have a numbing effect. It can be hard to feel pain or damage.
- Make sure the condom is new with each partner and sex toy. Use a new glove for each partner when fisting. Avoid double dipping the glove in lube.



- Talk to a healthcare provider about other ways to prevent STBBI transmission. These can include:
 - HIV pre-exposure prophylaxis (PrEP) and HIV post-exposure prophylaxis (PEP)
 - vaccines for hepatitis A and B, mpox and human papilloma-virus (HPV)
 - doxy-PEP and doxy-PrEP, an antibiotic to help prevent getting syphilis, chlamydia and gonorrhea
 - regular STBBI testing



Take breaks, eat something and stay hydrated. Know when the party is over; there will be other parties to have fun!



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