



Information for you

The Injecting Equipment Provision (IEP) service was previously known as the Needle Exchange service. This service offers advice and guidance on how to use needles and other equipment safely.

Safer injecting advice

- Always use clean or new equipment.
- Never share any equipment.
- Work from a clean surface to prepare your hit.
- Ensure you are using the right needle in the right place.

Always inject towards your heart (up the way).

Steps to safer injecting:

- Wash your hands and the injecting site.
- Prepare the drug.
- If using citric acid, use as little as possible.
- Use needle cap to stir, not the needle!
- Draw up the solution using the filter, if needed.
- Place the capped syringe on a clean surface.
- Find a suitable vein. Only use a tourniquet if needed.
- Uncap the syringe.
- Try not to touch the needle.

- Make sure all the air has been removed.
- Slowly insert the needle into the vein: make sure the eye of the needle is pointing up; and
 - insert the needle at a shallow angle to the skin (between 15 and 30 degrees).
- Pull the plunger back a little, to check for blood.
- Release the tourniquet (if used) and inject slowly.
- Remove the needle slowly and apply pressure with a dry swab.
- Dispose of equipment safely.

Specialist services

These nurse-led clinics offer additional services including overdose awareness, naloxone supply, blood borne virus (BBV) testing and vaccination, wound care, sexual health, screening and contraception advice/provision.

This leaflet was produced with kind permission from NHS Greater Glasgow and Clyde IEP Services and Scottish Drugs Forum Glasgow.

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Location	Monday to Friday	Saturday
Cumnock Pharmacy 9B Townhead Street Cumnock KA18 1LE 01290 421 632	09:00 to 17:30	09:00 to 17:00
Doon Valley Pharmacy 5 Cathcartson Dalmellington KA6 7QY 01292 551197	09:00 to 18:00	09:00 to 13:00
Boots UK Ltd 9/11 St Marnock Street Kilmarnock KA1 1DZ 01563 541145	09:00 to 17.30	09:00 to 13:00
Boots UK Ltd 5 Burns Precinct Kilmarnock KA1 1LT 01563 535360	08:30 to 17:30	09:00 to 17:30
Boots UK Ltd 62/70 King Street Kilmarnock KA1 1PT 01563 525356	08:45 to 17:30	08:45 to 17:30 (12:00 to 16:00 Sunday)
Boots UK Ltd 9 Portland Road Kilmarnock KA1 2BT 01563 531444	09:00 to 17:30	09:00 to 12:30
Boots UK Ltd 63 Grange Street Kilmarnock KA1 2DD 01563 541203	08:30 to 18:00	09:00 to 13:00
Well pharmacy 1-5 Loudoun Street Mauchline KA5 5BA 01290 550 387	09:00 to 18:00	09:00 to 13:00
Boots UK Ltd 1 Doonside Avenue Patna KA6 7LX 01292 531258	09:00 to 18:00	09:00 to 12:30
Boots UK Ltd 8 Main Street Stewarton KA3 5AE 01560 482403	09:00 to 18:00	09:00 to 17:00

NHS Addictions Service Injecting Equipment Provision (Needle Exchange)

IEP East Ayrshire Exchange Hours Kilmarnock Service:

Friday AM (morning)	Central Clinic, Old Irvine Road	11am to 12.30pm
Friday PM (afternoon)	Central Clinic, Old Irvine Road	1.30pm to 4pm

IEP East Ayrshire Exchange Hours Rural Service:

Tuesday AM (morning)	Cumnock Health Centre	10am to 12pm
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For equipment, testing and advice, please drop in at these times.

You can also access IEP services at your local Boots Pharmacy during their opening hours

IEP Equipment Delivery Service

For delivery of equipment please contact: **0783 323 3948**

Messages will be taken all day on a Wednesday, **please be prepared to provide an address.**

Delivery slots provided:

Wednesday mornings	Rural East Ayrshire	10am to 12pm
Wednesday afternoon	Outer skirts of East Ayrshire	1pm to 4pm