

What is NITROUS OXIDE?



Nitrous Oxide is a **depressant/dissociative/inhalant type drug** and is also known as **Laughing Gas, Whippets, balloons, 'hippie crack'**.

Usually inhaled by mouth, it can be found in different forms such as whipped cream chargers 'whippets' which are small silver cartridges.

What are its effects?

Dizziness	Blurred vision and sound distortions
Loss of balance	Nausea
Euphoria, giggling and laughing	Dissociation
Hallucinogenic effects- Closed eye and mild open eye visuals e.g. Visual patterning	Tight chest after heavy use or for those with conditions such as asthma
Deep 'silly' voice	Headache

Harm reduction

- Do not inhale directly from the canister, it's so cold that it could seriously damage the throat and lungs.
- Asphyxiation (suffocation) will occur if the gas is inhaled continuously with no air breathed.
- Do not use nitrous oxide with a bag over your head. This will deprive the body of oxygen and several deaths have been associated with these methods of use.
- People with heart conditions or abnormal blood pressure may be at higher risk as the drop-in oxygen levels caused by inhaling nitrous oxide raises the heart rate, which could cause problems in these individuals and for some death.
- Dispose of empty cartridges responsibly.

Source: Drugs.ie

Worried or need Help

If you are worried about someone in your family or yourself and are looking for help, please contact your Local Drug and Alcohol Task Forces for more information.

Clondalkin: 01 457 9445 **Tallaght:** 01 464 9303 **D12:** 086 858 0816



SUPPORTING A COMMUNITY RESPONSE TO DRUGS & ALCOHOL



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