

AKA: BALLOONS, BULBS, HIPPY  
CRACK, LAUGHING GAS, N<sub>2</sub>O,  
NANGS, NITRO, NOS, WHIPPETS



# NITROUS OXIDE $N_2O$



Disclaimer: This resource is produced by Hi-Ground & DanceWize. In an unregulated market it's impossible to know the purity or dose of any substance, educate yourself and practice harm reduction to reduce this risk. For more information visit [www.hi-ground.org](http://www.hi-ground.org)

Supported by: QuIVAA & QuIHN

**Hi-Ground**

Nitrous Oxide (N<sub>2</sub>O) is a colourless gas that is commonly used for sedation and pain relief. It is also used by people to feel intoxicated. When inhaled, it causes rapid analgesia (pain relief), euphoria, mild sedation & psychedelic dissociation.

**Compound:** NITROUS OXIDE

## ADMINISTRATION

The gas is inhaled. Most people use a cream whipper to extract the pressurised gas from the bulb. It is recommended to release the gas into a balloon rather than take it directly from the cream whipper.

## DURATION OF EFFECTS

<b>TOTAL</b>	1-5MINS
<b>ONSET</b>	0-60SECS
<b>PEAK</b>	1-5MINS
<b>COME DOWN</b>	10MINS
<b>AFTER EFFECTS</b>	15MINS



## HALF LIFE

Even though the apparent effects of the drug wear off after 5 -10 minutes, the drug is still active in your system for up to 15 minutes after you have taken it. Remember this if using other substances or redosing.

## DRUG TESTS

**Roadside Police:** Roadside saliva tests do not look for nitrous. It is illegal to drive under the influence of any illicit drugs, including nitrous oxide and any driver may be subject to a roadside behavioural impairment test. It is very rapidly metabolised wait at least 2 hours before driving.

## MOST COMMON EFFECTS

Trance-like sensation, Auditory hallucinations, Dissociation, Reduces vitamin B12 Levels, Kaleidoscopic visual effects, Mild euphoria, Clumsiness | loss of motor control, Reduced awareness of external stimuli, Feeling numb, Headaches, Mood lift, Confusion, Distorted perception of time, Uncontrollable laughter.

## LESS COMMON EFFECTS

Nausea, Reduced anxiety, Buzzing sensation in fingers/toes, Synaesthesia.

## RARE EFFECTS

Psychosis or psychotic episode, Paranoia, fear and panic, Numbness in fingers, nose, lips, and toes with extended use.

## POSSIBLE LONG-TERM EFFECTS

Depletion of vitamin B12 can cause numbing of fingers, toes, and nerve endings. This can be addressed by increasing the intake of B12 supplements. If left untreated, B12 deficiency can lead to long-term damage

In a small number of cases, extended nitrous use has been followed by psychosis. This was thought to be due to vitamin B12 deficiency, as B12 supplementation plus time in care resulted in resolution of effects

Exposure to nitrous oxide has been linked to lower fertility rates in women.

## SAFER USING

- Try to use it in a safe environment with friends and people you trust - somewhere you feel comfortable.
- Each bulb contains 8 grams of nitrous oxide, the average amount used during the course of a session is 1-5 cartridges/bulbs or 1-5 balloons. Only a couple of inhalations from a balloon is needed to absorb most nitrous.
- Although nitrous has a very short duration, it can cause blackouts in some people and in high doses. Sit or lie down when using it as it can affect your ability to stand.
- Take breaks between sessions & breathe lots of fresh air between inhalations.
- Releasing the nitrous oxide into a balloon helps to warm the gas and normalise the pressure before inhaling.
- The gas is freezing (-40C degrees) & can cause frostbite to the nose, lips and throat (including vocal cords).
- The gas is under constant pressure, it can cause ruptures in lung tissue when inhaled directly from these containers.
- Use cotton balls or pieces of fabric to filter out possible metal particles from the bulbs when inhaling directly from the cream whipper.
- If using a small handheld cracker, always put into a balloon and do not directly inhale. You can get frostbite and internal burns from direct using.
- Avoid sharing balloons and cream whippers to reduce the risk of transferring bacteria and viruses like herpes to one another.
- Make sure you are breathing oxygen and not blocking your airway while high. Oxygen deprivation does not increase the high.
- For instructions on filtering cream chargers check out DanceWize NSW's nangs guide