

SAFER USING TIPS

- It is best to sit or lie down when using as it can affect your ability to stand.
- Try to keep your head elevated slightly if lying down
- Try to use in a safe place with friends
- Take breaks during extended sessions and breathe fresh air to avoid suffocation
- It is a good idea to fill balloons from tanks rather than taking nitrous directly from a pressurized tank (siphon); the gas is very cold and can cause frostbite on nose, lips and vocal cords!
- Nitrous use can lead to a depletion of vitamin B12. Taking B12 supplements can reduce the risk of this occurring. Load your body with bananas, vegemite, Berocca, and vitamins
- If inhaling directly from the siphon, using fabric to cover the mouth piece can help to filter any nasties
- Avoid sharing balloons and siphons to reduce the risk of transferring bacteria and infections like cold sores from one person to another

REMEMBER, BIN YOUR EMPTY BULBS, DAMMIT!

We only have one earth and we want to party on it for as long as possible. Leaving nangas on the ground not only destroys the environment but is a hell of a clean-up job for event crews. There are heaps of cool things you can do with empty nangas including making sculptures, chandeliers, art work, fire toys, etc. Not to mention they're recyclable, so do your bit!

COMBINATIONS

Nitrous combined with...

(Possible outcomes - what works for one person may not work for another. We recommend you proceed with caution.)

- Alcohol = nausea
- Hallucinogens = intensifies the experience
- MDMA = nausea

It is **not** recommended to use nitrous if you suffer from:

- Pulmonary hypertension
- Asthma
- Head injury
- History of anaemia
- Chest infection
- Breathing difficulties
- Pregnant - may cause miscarriage

MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

www.dancewize.org.au
www.hrvic.org.au
www.erowid.org
www.bluebelly.org.au

www.bluelight.ru
www.dancesafe.org
www.trippproject.ca

Produced by DanceWize, a project of Harm Reduction Victoria
With the support of FebFast Australia 2012



NITROUS

KNOW YOUR MIND, KNOW YOUR BODY, KNOW YOUR SUBSTANCE AND KNOW YOUR LIMITS!

This resource has been developed for party goers and people who are already using drugs. The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use.

DESCRIPTION

Nitrous Oxide (N₂O) is a simple gas that, when inhaled, causes rapid analgesia (pain relief), euphoria, mild sedation, and sometimes psychedelic dissociation. It has been used in dentistry since the mid 1800's and recreationally since the late 1700's when it earned the name 'laughing gas' because of its tendency to cause laughter in those who inhale.

DOSAGE TIPS

- Although nitrous has a very short duration it can cause blackouts in some people and in high doses. For this reason it is a good idea especially for novice users to take it easy until you become accustomed to the effects and know your limits.
- Try not to use continuously for longer than 24 hours

ADMINISTRATION

Inhaled using a cracker or soda/cream siphon

DURATION

Total Duration:	1 - 5 minutes
Onset:	0 - 1 minute
Peak:	1 - 5 minutes
Coming Down:	10 minutes

Half-life: Nitrous remains active in your system for another 5 minutes after you have stopped feeling effects

Roadside drug test: N2O cannot be detected in a roadside drug test

EFFECTS

(The following is a list of possible effects, which may vary from person to person)

Physical

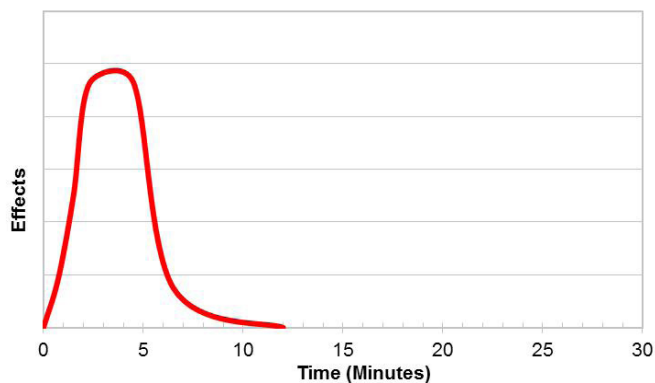
- Increased giggling and laughing
- Clumsiness, loss of dexterity, loss of balance
- Analgesia
- 'Buzzing' sensation in peripheral nerves
- Nausea (especially if combined with alcohol or used for long periods)
- Headaches - as effects recede (especially when used without oxygen)
- Reduction of vitamin B12 levels in your body, especially with regular use
- Numbness in extremities (fingers, nose, lips) with heavy, regular use

Emotional

- Mood lift
- Euphoria
- Exhilaration

Psychological

- Sound distortions
- Aural hallucinations
- Dream-like state
- Minor to strong hallucinations and visualizations
- Reduced perception of external stimuli



STREET NAMES

Nangs, Bulbs, Nos, Whippits, Laughing gas, N2O, Hippy crack

CHEMICAL COMPOUND

Nitrous Oxide



LONG TERM EFFECTS

Depletion of vitamin B12 can cause numbing of fine nerve endings, especially noticeable in the fingers and toes, which can be addressed by supplements of vitamin B12. Shots of B12 are given as a treatment for advanced depletion. If left untreated B12 deficiency can lead to long-term damage.

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