

# NITROUS OXIDE & INHALANT MISUSE

Know the facts about this trending drug of abuse.



## ! What is Nitrous Oxide?

- Nitrous oxide ( $N_2O$ ) is a gas commonly used:
  - In medicine as a sedative and pain reliever.
  - In the food industry as a propellant for whipped cream and other culinary uses.
- Also known as: "Whippets" / "Whippits" or "Galaxy Gas"

## \* Recreational Misuse

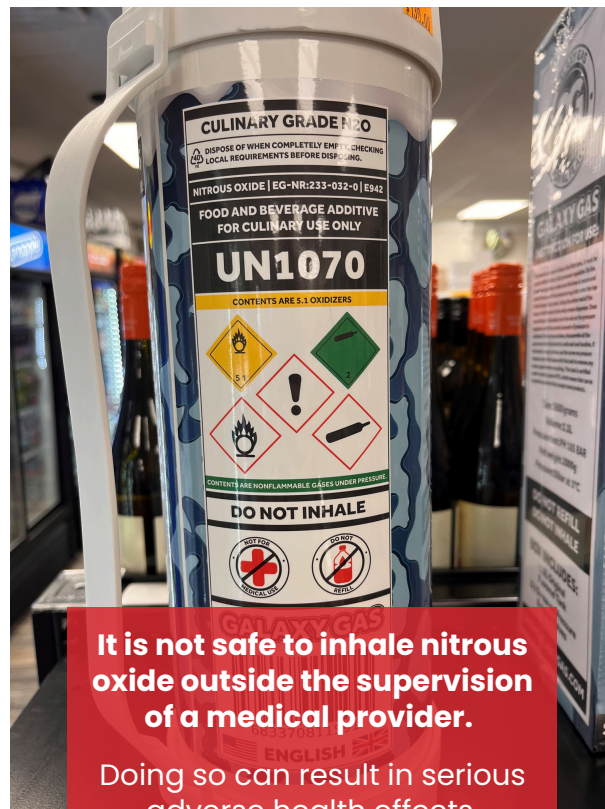
- When misused recreationally, nitrous oxide can cause:
  - Euphoria or feeling "high."
  - Hallucinations or seeing or hearing things that aren't there.
- Often perceived as harmless, but repeated use can lead to:
  - Neurologic symptoms like numbness, tingling and weakness and permanent brain and nerve injury.
  - Cardiovascular issues like dangerous fluctuations in blood pressure and heart rate, blood clots, heart attack, and cardiac arrest.
  - Psychiatric effects like mood changes and severe, long-lasting conditions like psychosis.
- Inhalation outside of medical supervision is **NOT** safe and can result in serious injury or death.

## ✓ Rising Trend & Youth Appeal

- Easily accessible and currently legal in many areas.
- Sold in large, colorful canisters with flavored options – potentially attractive to young users.
- Found at: online retailers, head shops, gas stations, grocery & convenience stores.

## ☎ If You Need Help

- If you or someone you know has used nitrous oxide and is experiencing symptoms or health concerns:
  - Contact your doctor immediately
  - Call the Poison Center for fast, free, confidential treatment advice 24/7: 1-800-222-1222



**It is not safe to inhale nitrous oxide outside the supervision of a medical provider.**

Doing so can result in serious adverse health effects, including death.



Nitrous oxide as a propellant for whipped cream or food aerosol shown in a large canisters and small metal canisters, or chargers.