

TIPS AND TRICKS

- Try to use in a safe environment with people that you trust.
- Breathe properly to oxygenate your blood before and after using nitrous.
- Sit or lie down – nitrous can lead to an immediate loss of motor skills. Sitting will help prevent injury occurring.
- If lying down, elevate your head slightly.
- There is no need to breathe in and out of a balloon multiple times – this leads to oxygen deprivation and does not add to the high. Just inhale the nitrous from the balloon, and exhale into the air.
- Use your own balloon and don't share balloons, to avoid the spread of germs, cold sores etc.
- Load up on bananas, swiss cheese, eggs or Berocca to increase your store of vitamin B12. Continued nitrous use can lead to the depletion of B12. This is especially important for vegetarians and vegans.
- With continued use in a single session, the user may feel stronger effects with each dose.
- After each session or festival, open your nanginator and give it a really good clean. You'll notice that the walls of the tank are covered with a build-up of brown motor oil – this is a side effect of the bulb manufacturing process – and you don't want that crud in your lungs.
- BIN YOUR BULBS! They don't belong on the ground; they take ages to break down and can be dangerous to animals and doofer feet.
- Not all recycling plants process nitrous bulbs, but if you really want to do your bit, call around to scrap metal yards and find one that will accept them – you may even get a little cash for dropping your bulbs off.
- When buying bulbs, make sure you get cream chargers! Soda chargers look almost identical but contain the much more dangerous gas carbon dioxide – inhaling that is extremely painful, could kill you, and you won't get high.



ROADSIDE DRUG TEST

Nitrous oxide is not detectable by a saliva test. It's still best not to drive until you are fully alert and all the effects have worn off.

MORE INFO

This resource is designed to support you in making decisions about safer use of nitrous oxide, but it is not a complete guide. It's recommended that you do further research relevant to you. The following websites may provide you with some helpful information:

www.dancewizensw.org.au
www.nuaa.org.au
www.prism.org.au
www.erowid.org
www.bluebelly.org.au
www.ez-test.com.au
www.hrvic.org
www.dancesafe.org
www.tripproject.ca
www.pillreports.com
www.bluelight.ru
www.yourroom.health.nsw.gov.au

This resource has been developed and adapted by DanceWize NSW with support from DanceWize, Harm Reduction Victoria, and DanceSafe.

DanceWize NSW is a program of NSW Users and AIDS Association (NUAA).

JUST SAY KNOW.



NITROUS

NOS, NANGS, HAPPY GAS, LAUGHING GAS, BULBS, WHIPPETS, HIPPIE CRACK

Know your mind, know your body, know your substance, and know your limits

Nitrous oxide (N₂O) is a gas that causes rapid pain relief, euphoria, mild sedation and psychedelic dissociation when inhaled. Nitrous has been used for recreational purposes since 1799 and in medicine as a mild anaesthetic and pain killer, most commonly in dentistry, since 1844. In the modern medical setting, nitrous is delivered in combination with oxygen, so patients do not receive pure nitrous oxide. Conversely, when used recreationally, pure nitrous oxide is inhaled by the user, which increases the associated risks.

Nitrous belongs to a class of drugs called dissociative anaesthetics, which detach perception from sensation. This dissociative effect, combined with its short duration of action, makes nitrous a popular recreational drug.

CHEMICAL COMPOUND

Nitrous oxide (N₂O)



DOSE AND SAFER USING TIPS

Taking drugs is never without risk. Mentioned doses are based on the information available to DanceWize NSW and we cannot give any guarantee of safety as the effects can vary greatly from one person to another.

- Nitrous is almost always obtained in the form of single-use, pressurised “cream whipper” bulbs. Occasionally, it may be encountered in C- or D-size medical grade cylinders.
- A standard dose is one or two bulbs, which each contain 8 grams of nitrous oxide.
- Do not use for longer than 24 hours at a time.
- Inhaling from a balloon is the safest method of taking nitrous, because it ensures the gas is close to atmospheric pressure and temperature when inhaled.
- A special device is needed to release the gas from bulbs. Some people use a ‘cracker’, which is a small device designed to crack bulbs directly into balloons. More commonly, in Australia, people use a cream whipper or soda siphon, though there is much debate about what these devices should be called; bulberator, nanginator, nangatron, bulby, etc. This resource will refer to it as a nanginator for the sake of simplicity.
- Avoid inhaling nitrous directly from the nanginator or (especially) cracker. Compressed nitrous is at a high pressure and expands from the bulb at a freezing temperature, which can cause severe damage to the lungs, as well as burns to the throat and lips. Always dispense the gas into a balloon or a larger dispenser first and allow it to warm up before inhaling.
- If you choose to inhale directly from the nanginator, cover the tip with some cloth, e.g. a shirt or scarf to filter out oil and small fragments of metal from the pierced bulb.
- Never inhale nitrous alone; it is possible to lose consciousness entirely under the influence of nitrous. Apart from the risk of falling and injuring yourself, there are recorded cases of people suffocating after falling face first onto pillows.
- Never inhale nitrous released from a medical-grade cylinder in a fully-enclosed space, such as in a car with the windows up. There are recorded cases of people falling unconscious over time and dying from lack of oxygen.
- Remember to breathe properly to ensure a proper level of oxygen in your blood. You do not need to hold your breath or deprive yourself of oxygen for the drug to work.

ADMINISTRATION

Inhaled

DURATION

Total duration: 1 – 5 minutes

Onset: 0 – 1 minute

Peak: 1-5 minutes

Coming down: 10 minutes

Even though the visible effects of the drug wear off after 5 minutes, the drug is still active in your system for another 5 minutes after you have taken it.

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. In advanced cases, B12 shots are used as a treatment. 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.

EFFECTS

Nitrous oxide is a dissociative anaesthetic, which produces a short, floaty, ‘trance-like’ feeling in most users. Effects vary greatly from one person to another. Below is a list of possible effects.

MOST COMMON

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

COMBINATIONS

Nitrous combined with...

Depressants = increased risk of losing consciousness

Psychedelics = intensified psychedelic effects and risk of challenging experience

Alcohol = nausea and vomiting

Take a look at the TripSit drug combinations chart online, or in the DanceWize NSW chill space for info on other combinations.

LESS COMMON

Uncontrollable laughter

Nausea

Reduced anxiety

Buzzing sensation in fingers/toes

RARE

Psychosis or psychotic episode

Paranoia, fear and panic

Numbness in fingers, nose, lips, and toes with extended use

Nitrous oxide use is not recommended if you suffer from:

- Pulmonary hypertension
- Asthma
- Chest infection
- Breathing difficulties

You should also avoid using nitrous while pregnant, as it may increase the risk of miscarriage.

This is not a complete list. Speak to your doctor or DanceWize NSW for info about how nitrous oxide might interact with other health conditions.



Smutterst

LSD

LSD - ACID, CID, TRIPS, ALICE,
TABS, CUBES, DROPS, LUCY, LIQUID

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

- LSD is one of the most commonly used psychedelic substances. Psychedelics affect all the senses, especially auditory and visual senses, leading to hallucinations. Psychedelics alter the way we think, our sense of time, and our emotions. Reactions and experiences can vary dramatically from person to person.
- Start with a half or quarter dose to test strength. You can cut a tab into quarters or mix a drop or sugar cube into a bottle of water and only drink some of it (clearly mark your bottle so others don't drink it).
- Give the drug plenty of time to work. LSD can take up to 90 minutes to hit, and other substances sold as LSD can take even longer.
- Avoid taking LSD if you are feeling upset, emotional, anxious, or depressed. Psychedelics can enhance these feelings.
- If you are feeling overwhelmed find a nice calm place to relax with a trusted friend and talk about what you're feeling.
- Plan ahead; trips can last 8-12 hours. Have easy snacks handy and warm clothes for later. Don't make big plans for the next day.
- Avoid using LSD if you suffer from sleep deprivation, insomnia, anxiety, depression, schizophrenia, psychotic disorders, or other mental health issues.
- There are risks when combining LSD with stimulants, other psychedelics, cannabis, ketamine, and alcohol. Chat to DanceWize NSW about these and other risky combinations before deciding to use them.
- This resource has been developed and adapted by DanceWize NSW with support from DanceWize, Harm Reduction Victoria, and DanceSafe.
- DanceWize NSW is a program of NSW Users and AIDS Association (NUAA).

JUST SAY KNOW.

