

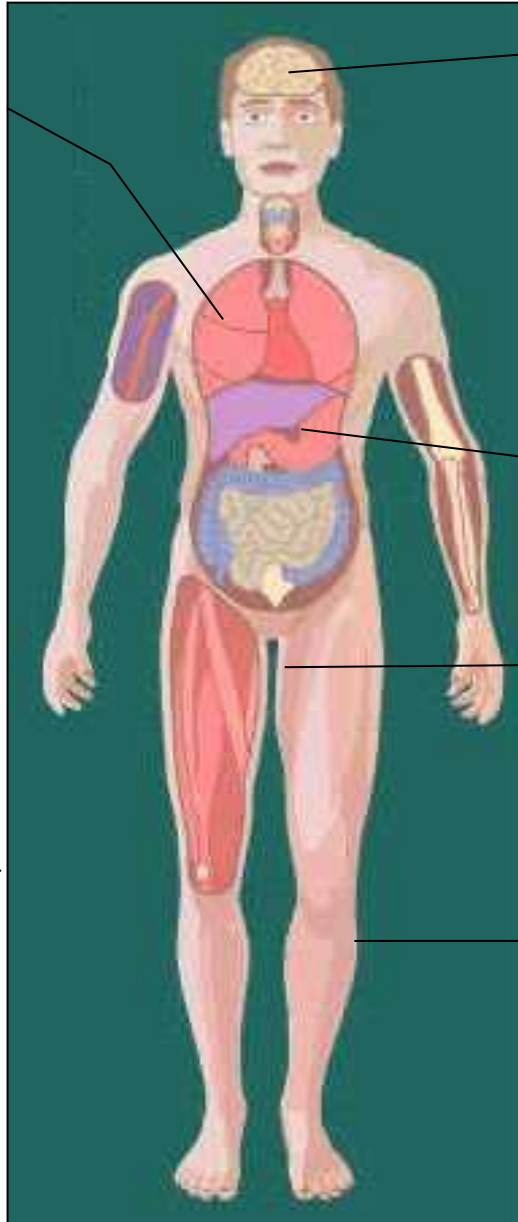
Nitrous Oxide Risks and Safer Use

Lung Problems

- Always discharge gas into intermediate device such as a balloon; never directly in to throat;
- Use smaller balloons rather than plastic bags;
- Don't use cylinders connected to face masks;
- Nitrous for car systems is not suitable for inhalation.
- Don't "hot-box" – discharging containers in a confined space
- Ensure valves are closed on cylinders after discharging
- After inhaling nitrous ensure you breath normal air for several minutes afterwards

General:

- Nitrous Oxide can be habit forming Don't use too frequently and take breaks.
- Heavy use can reduce levels of vitamin B12 leading to nerve damage;
Screen for: numbness, balance problems, loss of movement.
Interventions: support cessation of use, medical supplementation of B12
- Avoid use during pregnancy.



Mental wellbeing

High doses and use with other hallucinogens can cause very powerful psychedelic experiences so inexperienced users should be very careful of these combinations. Heavy use could worsen depression.

nausea

May cause nausea/vomiting. Avoid using after eating big meals and when drinking alcohol

Freeze Burns

Use gloves when holding cylinders for extended discharges. Don't hold cylinders next to skin e.g. between legs.

Risk of accidents, falls, trauma

Avoid risky drinking environments, sit or lie down before inhaling; don't drive or operate machinery while or at least 30 minutes after using