

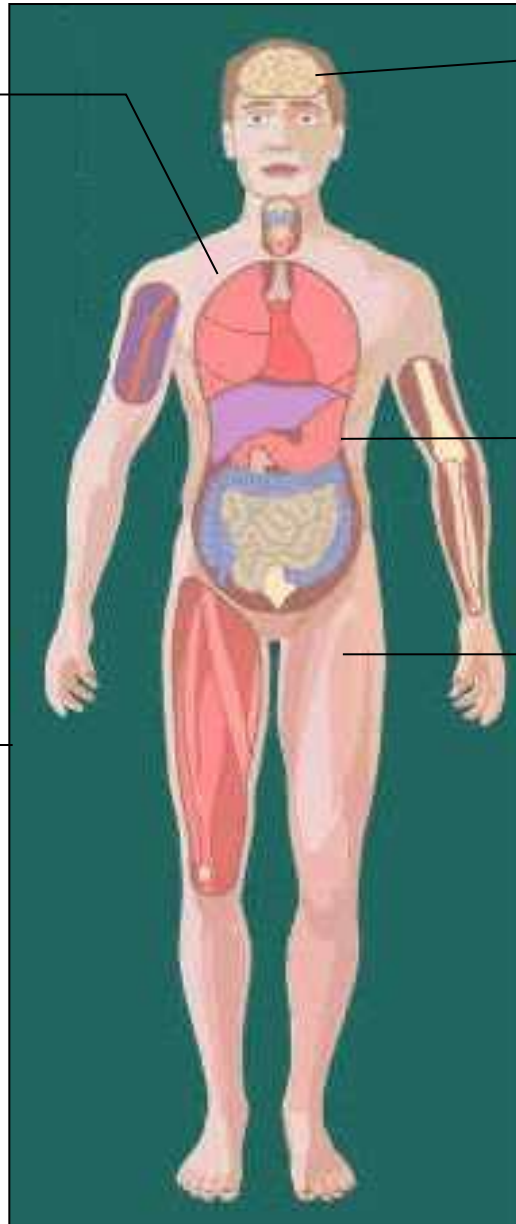
Nitrous Oxide Risks and Safer Use

Lung Problems

- Always discharge gas into intermediate device such as a balloon; never directly in to throat;
- Use balloons rather than plastic bags;
- Don't use cylinders connected to face masks;
- Nitrous for car systems is not suitable for inhalation.
- After inhaling nitrous ensure you breath normal air for several minutes afterwards

General:

- Nitrous Oxide can be habit forming and tolerance can build up. Don't use too frequently and take breaks.
- Heavy use can reduce levels of vitamin B12 and so heavy users should use supplements to reduce risks.
- 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

nausea

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

Risk of accidents, falls, trauma

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