

DRUG COMBINATIONS

* Polydrug use has many possible outcomes. What could be fun for one person could be dangerous for another. We recommend you proceed with caution.

DAINGEROUS

Depressants(GHB, alcohol, benzos & opioids)= increased risk of losing consciousness

CAUTION

Psychedelics (LSD, DMT, magic mushrooms, 2CB) = can lead to a short intense increase of psychedelic experience that may be experienced as challenging.

LOW RISK

MDMA = nausea

Alcohol = nausea

It is not recommended to use nitrous if you have or are at risk of:

- Pregnant as it may cause miscarriage or if you suffer from:
- Pulmonary hypertension
- Asthma
- Head injury
- History of anemia
- Chest infection
- Breathing difficulties or other respiratory issues

DRUG TESTS & ROADSIDE TESTS

Roadside Police Tests:

Roadside saliva tests do not look for nitrous. It is illegal to drive under the influence of any illicit drugs, including nitrous oxide and any driver may be subject to a roadside behavioural impairment test. Wait at least 2 hours before driving.

Workplace:

Nitrous oxide is so rapidly metabolised that it is therefore not able to be tested for.

'Pill Testing'/Drug Checking:

Nitrous oxide is so rapidly metabolised that it is therefore not able to be tested for.

MORE INFO:

This educational resource has been developed by people who use drugs for their peers and the wider community.

The role of DanceWize is to provide practical, evidence-based, unbiased information to assist you to make educated choices and to promote harm reduction, community care, and wellbeing.

In an unregulated market it's impossible to know the purity or dose of any substance. Taking drugs from an unregulated market carries its own risk, and you can educate yourself and practice harm reduction to reduce this risk.

Knowledge is power.

OTHER HELPFUL PEER BASED WEBSITES

AUSTRALIA

www.dancewize.org.au

www.dancewizensw.org.au

www.hi-ground.org

www.prism.org.au,

www.consciousnest.info

www.hrvic.org.au

INTERNATIONAL

www.erowid.org

www.tripsit.me

www.dancesafe.org

www.tripproject.ca

<https://www.kosmicare.org/>

www.pillreports.com

Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings'. Both HRVic & DanceWize post these Drug Alerts on our socials.



Nangs

NITROUS OXIDE

STREET NAMES

Nangs, bulbs, nos, whippets, laughing gas, N2O, hippy crack, balloons, nitro

CHEMICAL COMPOUND

Nitrous Oxide

KNOW YOUR BODY & MIND - 'SET'
KNOW YOUR ENVIRONMENT - 'SETTING'
KNOW YOUR DRUG - 'PRACTISE HARM REDUCTION'

SAY 'KNOW TO DRUGS'.

DESCRIPTION

Nitrous Oxide (N₂O) is a colourless gas that is commonly used for sedation and pain relief. It is also used by people to feel intoxicated. When inhaled, it causes rapid analgesia (pain relief), euphoria, mild sedation & psychedelic dissociation. It has been used in dentistry since the mid- 1800s and recreationally since the late 1700s when it earned the name 'laughing gas' because of its tendency to cause laughter in those who inhale it. It is also a food additive when used as a propellant for whipped cream and is used in the automotive industry to enhance engine performance. N₂O that is prepared for automotive use or any other use than human consumption should not be inhaled, as other dangerous chemicals may have been added to the mix. It is also increasingly being used to treat people withdrawing from alcohol dependence. Nitrous oxide is classified as a dissociative anesthetic and has been found to produce dissociation of the mind from the body (a sense of floating), distorted perceptions and visual and audio hallucinations.

ADMINISTRATION (MOST COMMON ROUTES)

The gas is inhaled. Most people use a cream whipper to extract the pressurised gas from the bulb. It is recommended to release the gas into a balloon rather than take it directly from the cream whipper.

DURATION OF EFFECTS

Total Duration: 1-5 minutes

Onset: 0-60 seconds

Peak: 1-5 minutes

Coming Down: 10 minutes

After Effects/Hangover: 15 minutes

HALF LIFE (the time it takes for the amount of a drug's active substance in your body to reduce by half.)

Even though the apparent effects of the drug wear off after 5 -10 minutes, the drug is still active in your system for up to 15 minutes after you have taken it. Remember this if using other substances or redosing.

EFFECTS

= 'Set' (your mind & body) + 'Setting' (environment) + Drug

KEY: 🟡 LESS COMMON 🔴 RARE

PHYSICAL

- Analgesia (pain relief)
- Clumsiness/loss of balance
- Buzzing sensation in fingers/toes
- Nausea
- Sedation
- Headaches
- Confusion 🟡
- Dizziness/light headedness 🟡
- Numbness in ex-tremities with regular use 🟡
- Reduced vitamin B12 levels 🔴

EMOTIONAL

- Giddiness, laughter, giggling
- Euphoria
- Exhilaration
- Mood lift

PSYCHOLOGICAL

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

LONG TERM EFFECTS

Possible longer term effects include:

-Depletion of vitamin B12 can cause numbing of fine nerve endings - especially noticeable in the fingers & toes. Using supplements can help reduce the likelihood of this.

For advanced depletion vitamin B12 shots are used to treat. 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.

PROPER DISPOSAL OF BULBS

Nitrous bulbs can be recycled at certain recycling centres. Take HOME with you from festivals and events. You can even make money from recycling them sometimes.
Dispose of responsibly.

SAFER USING

- Try to **use in comfortable environments** with people you trust to look out for you if you overdo it.
- Sit or lie down when using as it can affect your ability to stand.
- Keep your head elevated slightly if lying down.
- Take breaks between sessions & breathe lots of fresh air between inhalations.
- Only a couple of inhalations from a balloon is needed to absorb most nitrous.
- Releasing the nitrous oxide into a balloon helps to warm the gas and normalise the pressure before inhaling.
- **The gas is freezing** (-40C degrees) & **can cause frostbite to the nose, lips and throat** (including vocal cords).
- The gas is under constant pressure, it can cause ruptures in lung tissue when inhaled directly from these containers.
- If using a small handheld cracker, always put into a balloon and avoid directly inhaling and getting burned by frost.
- Use cotton balls or pieces of fabric to filter out possible metal particles from the bulbs if inhaling directly from cream whipper.
- Avoid sharing balloons and cream whippers to reduce the risk of transferring bacteria and viruses like herpes to one another.
- Make sure you are breathing oxygen and not blocking your airway while high.
Oxygen deprivation does not increase the high.

SAFER HANDLING

- Nitrous oxide bulbs are extremely flammable. All pressurised gases are a risk of explosion. Do not use near an open flame.
- Cleaning out your equipment from bacteria, grease and gunk will reduce risk of viral and bacterial infections.
- Carrying drugs & paraphernalia puts you at greater risk of criminal charges. You can still be charged with trafficking even if you don't actually deal.

KNOW YOUR LOCAL LAWS.