



Taking nitrous oxide?

Nitrous oxide is a quick acting and short lasting dissociative drug with anaesthetic and psychedelic properties.

- Ensure that cartridges contain nitrous oxide gas - cartridges of other gases such as CO₂, used for inflating bike tyres, can look similar.
- Avoid mixing different drugs (inc. alcohol and medicines) as this can cause dangerous or unintended effects. Nitrous oxide may make the experience of any other drugs you have taken more intense and difficult to control.
- Plan any doses and use a watch or timer to keep track of how frequently you are dosing. Nitrous oxide can cause time distortion - time may feel like it has sped up or slowed down.
- Inhaling directly from a cartridge/canister/cracker is dangerous. To release gas from the cartridge, use a cracker or cream charger and fill a strong balloon.
- Sharing balloons can spread infections - only use your own balloon and charger. If you are sharing chargers, clean the dispenser with alcohol wipes between each use.
- Ensure you are in a well-ventilated area - avoid doing balloons in confined spaces such as cars and tents. Sit down when inhaling - you could collapse if taking the balloon quickly while standing.
- **PICK UP ANY LITTER BEFORE YOU LEAVE A PUBLIC SPACE.**

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dropin@crew2000.org.uk | 07860047501 | @crew_2000 | www.crew.scot

