

ROADSIDE DRUG TESTS:

N₂O or nitrous oxide can not be detected in a roadside drug test and is not tested for.

STREET NAMES

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

CHEMICAL COMPOUND

nitrous oxide

Molecular formula- N₂O

DRUG COMBINATIONS

Possible outcomes- what works for one person may not work for another. If you plan on mixing your substances- do your research and proceed with caution. Don't forget that prescription medication are also 'drugs' and as such can have diverse effects when mixed with other chemical substances- physically and psychologically.

Depressants (GHB, alcohol, benzos & opioids) =

increased risk of losing consciousness

Alcohol = nausea

MDMA = nausea

Psychedelics (LSD, DMT, magic mushrooms,

2CB) = can lead to a short intense increase of psychadelic experience that may be experienced as challenging

It is not recommended to use nitrous if you are:

• Pregnant as it may cause miscarriage

or if you suffer from:

• Pulmonary hypertension

• Asthma

• Head injury

• History of anaemia

• Chest infection

• Breathing difficulties or other respiratory issues

SAFE DISPOSAL OF EQUIPMENT

NITROUS BULBS ARE RECYCLABLE.

Some recycle centres won't take nitrous bulbs because they are pressurised. You'll need to contact your local recycle centre to check before dropping off. OR Look out for an

Empty Nang Donation bin at the DanceWize space

PLEASE DISPOSE OF RESPONSIBLY.



Nobody goes to parties or festivals to pick up after someone else- even the volunteers aren't there to pick up your nangs. We only have one earth and we want to party on it for as long as possible! Leaving nangs on the ground not only looks crap but it's also devastating to the environment. We should take care to safely dispose of our bulbs. Instead of throwing the N₂O bulbs in the rubbish bin, they should be recycled. If you don't want to travel to the recycle bin after every charge, collect them up and dump them all at once in a empty nang donation bin at the DanceWize space or better yet take to a metal recyclers and get cash for the returns.

MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

www.hrvic.org.au/dancewize

www.erowid.org

www.bluebelly.org.au

www.nuua.org.au

www.bluelight.ru

www.dancesafe.org

www.tripproject.ca

This 'Nangs' resource is produced by DanceWize©, a program of Harm Reduction Victoria (HRVic)

www.hrvic.org.au

A poster with a blue-tinted background showing several nitrous oxide canisters. In the top left corner is the 'Harm Reduction Victoria' logo. In the top right corner is the 'DanceWize' logo, which includes a stylized horse head. The main title 'NANGS' is written in large, bold, white letters across the center. Below it, 'Nitrous Oxide' is written in a smaller, blue font. At the bottom, the text 'ie. Nitrous, Nangs, Bulbs, Nos, Whippets, Laughing Gas, N₂O' is listed.

SAY KNOW TO DRUGS.

**KNOW your mind, KNOW your body,
KNOW your substance and
KNOW your limits.**

This resource has been developed for party goers and people who are **already** using drugs.

The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use .

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 1800's and recreationally since the late 1700's 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 anaesthetic and has been found to produce dissociation of the mind from the body (a sense of floating), distorted perceptions and visual hallucinations.

DOSAGE TIPS

Taking drugs is never without risk.

Mentioned doses are based on the information available to DanceWize® at the time of print and we can not give any guarantee of safety as the effects can vary greatly from one person to another.

- The average amount used during the course of a session is 1-5 cartridges/bulbs or 1-5 balloons. A couple of lungfuls is usually adequate to produce effects.
- Although nitrous has a very short duration, it can cause blackouts in some people and in high doses. For this reason it is a good idea- especially for novice users- to take it while seated and go easy until you become accustomed to the effects and know your limits.
- Try not to use continuously for longer than 24 hours.
- Don't use around dangerous or breakable objects in case of blacking out or losing your balance and falling on them.

ADMINISTRATION

The gas is inhaled.

Most people use a cream whipper to extract the pressurised gas from the bulb. Breathing directly from a whipper can lead to cold burns in or around the mouth or other respiratory issues. It is recommended to release the gas into your own balloon or similar object. See the Safer Using Tips for more info.

EFFECTS

The following is a list of **possible** effects, which may vary from person to person. Some of these effects are common- some are rare.

Physical

- Analgesia
- 'Clumsiness', loss of dexterity, loss of balance
- Buzzing sensation in peripheral nerves
- Numbness of the body
- Nausea (especially if combined with alcohol or used over long periods of time)
- Sedation
- Giddiness, increased laughter and giggling
- Headaches - as effects recede or wear off especially if used without oxygen
- Reduction of vitamin B12 levels in the body -especially with regular use
- Numbness in extremities (fingers, nose, lips) with heavy regular use.
- Confusion
- Dizziness and/or light headedness

Emotional

- Euphoria
- Exhilaration
- Mood lift

Psychological

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

LONG TERM EFFECTS

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

DURATION

Total Duration- 1-5 minutes

Onset- 0-60 seconds

Peak- 1-5 minutes

Coming Down- 10 minutes

HALF LIFE:

Nitrous remains active in your system for another 5 minutes after you have stopped feeling effects

SAFER USING TIPS

- Sit or lie down when using as it can affect your ability to stand.
- Keep your head elevated slightly if lying down.
- Use in a place that you feel comfortable- around friends and people that you trust.
- Take breaks between sessions and 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) and the gas is under constant pressure, it can cause ruptures in lung tissue when inhaled directly from these containers.
- If you are planning on a long hard session(s), be aware of possible vitamin B12 depletion. Taking supplements can reduce this risk. *Especially important for those with plant based diets.*
- Use cotton balls or piece of fabric filter to out possible metal particles from the bulbs when inhaling directly from siphon or filling balloons.
- Avoid sharing balloons and siphons to reduce the risk of transferring bacteria and viruses like herpes to one another.
- Avoid putting plastic bags or any other bag over your head.