

Nitrous Oxide



Known as

Laughing gas, balloons, nos



How it's used

The colourless gas is released from a pressurised metal cannister into a balloon and inhaled



How it can make you feel

Euphoric, relaxed, dizzy, giggly, detached, hallucinations, headaches



How long it lasts

It has an immediate effect, peaking around 10 – 30 seconds and rapidly diminishing



Important to know

Using alongside drugs such as cannabis or alcohol can increase the sedative effect, resulting in loss of consciousness at high doses. Using with hallucinogenic drugs such as LSD, mushrooms and ketamine can intensify effects.

What it can do

- Reduce balance or coordination, increasing the risk of accidents
- Lead to anaemia, caused by B12 deficiency
- Cause permanent nerve damage
- Affect the heart
- Damage the throat and lungs
- Reduce fertility and cause harm to an unborn child, if used during pregnancy

How to reduce the risks

- Don't use in a confined space
- Avoid breathing in and out of the balloon repeatedly, take breaths of air in between
- Remain seated to reduce the risk of falling
- Take regular breaks and avoid using multiple balloons one after another
- Eat foods high in B12 after a session



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk

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