



NITROUS OXIDE

Stacey Miller Consultancy ©

www.staceymillerconsultancy.co.uk
info@staceymillerconsultancy.co.uk
tel: 07703 670 654



STACEY MILLER
CONSULTANCY
specialist in drugs and alcohol awareness

WHAT DOES IT LOOK LIKE?

The slang names for nitrous oxide include whippets, hippie crack, chargers and laughing gas. It is a colourless gas and some people report that it has a slightly sweet smell and taste.

HOW IS IT USED?

Nitrous oxide has some legitimate uses such as for dental work but it can also be used for getting high. It is normally bought in pressured canisters and transmitted to a balloon where the gas is then inhaled through the mouth. It is very dangerous if the gas is inhaled straight from the canister itself and can lead to sudden death which is why it is most commonly sold to people in balloons.

WHAT ARE THE EFFECTS AND RISKS?

It makes people feel dizzy, giggly and relaxed for a few minutes. The dizziness can lead to accidents and regular use can lead to a lack of vitamin B12 produced from the body which can trigger nerve damage. Mixing nitrous oxide with alcohol and/or other drugs can be more unpredictable and make you more prone to accidents.

WHAT DOES THE LAW SAY?

Since May 2016, the government brought in a law to combat the rise of 'legal highs' drug misuse and nitrous oxide comes under this legislation. Possession will not be an offence, except in a 'custodial institution' ie a prison. But possession with intent to supply or give to friends will carry a maximum of 7 years in prison with an unlimited fine.