

What is Nitrous Oxide

Laughing gas / hippie crack

Laughing gas is a colorless gas that is used by dentists as a sedative and anesthetic, is also used in gastronomy and is often found in pressurized whipped cream containers made of silver.

Slowing down the body, inhaling can make people happy, relax and laugh, hence the name "laughing gas", it can also lead to mild euphoria, dizziness or dizziness and hallucinations. / or nausea during use.

The gas is usually inhaled from a balloon inflated with a can of whipped cream. The balloon can be passed through the group and each person takes a sip.

Since the Psychoactive Substances Act came into force on May 26, 2016, it has been prohibited to supply or import nitrous oxide for human consumption.

Reduce the Risks and Harms

Inhaling nitrous oxide can lead to a lack of oxygen in the brain. Loss of consciousness and even death from asphyxiation or heart problems; The risk is greater if the gas is used in a confined space or if a large amount is used at the same time. When you inhale from the balloon, just take a little breath and make sure you are in a well-ventilated area. Regular or intensive use of nitrous oxide is associated with a vitamin B12 deficiency.

This can cause nerve damage that causes pain and tingling in the fingers and toes. Use of gas in some forms of anemia. Since nitrous oxide can impair coordination, it is very important not to use gas in potentially hazardous areas where falls could result in injury or death. It is important not to drive or use machines.

When using nitrous oxide, it is best not to drink alcohol. These two drugs are depressants, and using them together increases the risk of symptoms and accidents. Use laughing gas only. It's always good to have people you trust and who know how to give first aid.