

Nitrous Oxide might sound fun but the risks are not to be laughed at



What is Nitrous Oxide?

Nitrous Oxide or Laughing Gas is a colourless gas that comes in small pressurised metal canisters, often called whippits.

It's called Laughing Gas as it often causes people to burst out laughing when inhaled.

As well as causing the 'giggles', Nitrous Oxide use can cause accidents and serious harm.

How is it used?

The gas from the whippit is transferred to a balloon through a dispenser. The gas is then inhaled from the balloon.

Keeping yourself safer

The best way to stay safe is to not use Nitrous Oxide

Don't be pressurised into using drugs particularly ones you are unfamiliar with.

If you do decide to use, know what the risks are and most importantly, the safest way to use.

Avoid mixing Nitrous Oxide with other drugs and/or alcohol

Avoid heavy and regular use.

Keep whippits away from fires, candles, lighters or cigarettes

Never inhale straight from the whippit or dispenser

Never inhale by putting a bag or balloon over your head as it can cause suffocation

Never share balloons or dispensers with others

Don't leave whippit litter lying about. Dispose of them safely

Avoid if you have an underlying heart condition.

Don't drive after using Nitrous Oxide

What to do in an emergency:

-  If someone is unconscious but breathing place them in the recovery position and phone for an ambulance.
-  Stay with them to ensure they continue to breathe normally.
-  If someone is unconscious and not breathing, call 999 and start CPR right away.

If you're a young person in East Lothian or Midlothian and would like free and confidential support and information around alcohol and drugs contact:

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