

NOS (nitrous oxide)

WHAT YOU NEED TO KNOW



Do you know of a person using NOS? However, they declined a referral for support? Here is some helpful information. Please approach conversations with respect and no judgement



Questions to ask

Are you feeling any numbness, tingling, or memory issues?

These can be early signs of B12 deficiency or nerve damage caused by frequent NOS use

How often you using?

There is really no safe way to use NOS. Using multiple in one session or in quick succession raises the risk of hypoxia (lack of oxygen), blackouts, or accidents. Frequent use (daily or several times a week) increases the risk of nerve damage, memory problems, and mental health issues.

Are you mixing it with other drugs?

Using nitrous oxide with other substances increases the risk of: blackouts, accidental injury, choking or breathing difficulties (especially with depressants like alcohol or benzos)

Impact on Health



Frostbite or burns

Inhaling directly from a canister (rather than a balloon) can cause serious cold burns to the lips, throat, or lungs.



B12 Deficiency

Frequent use can lead to a drop in vitamin B12, causing numbness, tingling, weakness, and in some cases, permanent nerve damage or mobility issues.



Mental Health Concerns

NOS can worsen anxiety, low mood, and memory problems — especially with regular use or when used to cope with emotions.



Oxygen Deprivation

Using NOS in enclosed spaces, in large amounts, or while standing can lead to oxygen deprivation (hypoxia) — causing loss of consciousness, choking, or sudden death. This is a real and underestimated danger.

Harm Reduction



Use balloons, not canisters. Inhaling directly from a canister can cause cold burns, frostbite, and lung damage.



Avoid using alone, using in enclosed spaces or using in cars



If you experience negative effects or 'pins and needles' stop using immediately.



Do not inhale whilst standing up or where you could fall and injure yourself (eg near a steep drop).



Take breaks between balloons. Using multiple in a row increases the risk of oxygen deprivation, loss of balance, and nerve damage.

Reducing

• NOS is safe to stop in most cases
• A reduction over a period of a few weeks may help manage withdrawal symptoms

1-3 Days

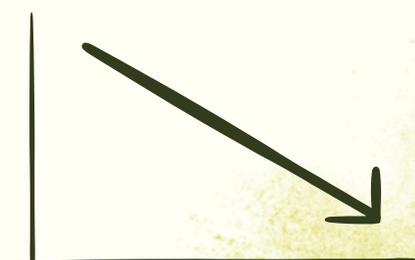
May experience strong cravings, irritability, low mood, tiredness, boredom

1-2 Weeks

Many feel clearer-headed, but may still miss the "buzz" or social aspect.

1-2 Weeks

Most physical symptoms ease, but cravings and mood changes can continue. It's common to feel bored or restless during this period.



1-3 DAYS 4-7 DAYS 4-14 DAYS WEEK 2

