

Nitrous Oxide

(whippets, nitrous, nangs, NOS, galaxy gas)



Nitrous oxide is a gas some people inhale to feel relaxed, detached, or briefly euphoric. It's commonly sold as single-use chargers or tanks.

Effects are different for everyone

People may feel:

- Detached from their surroundings
- Light, floaty, or trancelike

⚠ Lightheaded or dizzy

⚠ Clumsy

⚠ Confused

⚠ Fast heart rate

- Changes in sound
- Changes in vision

Effects begin within seconds and last for a couple minutes

Contact Washington Poison Center

📞 Call 1-800-222-1222

💬 Text 206-526-2121

🖱 Visit wapc.org to begin a live chat



Save our
phone number

For immediate, free, & confidential help if you or a friend don't feel well after using

If someone isn't breathing, will not wake up, or is having a seizure, **call 911 immediately**

Be careful, be safe

Never use alone, do not drive after using, and avoid frequent use or long sessions. Help is available for stopping use. Call or text the Washington Recovery Helpline: 1-866-789-1511.



Know the risks



Inhaling nitrous oxide instead of air **deprives your brain of oxygen**, which can cause dizziness, fainting, and brain injury in severe cases



Nitrous oxide can affect your **balance and coordination** or make you **fall** suddenly



Continued use can cause serious problems

Using frequently lowers vitamin B12 levels in your body, which can:



Damage nerves, causing tingling or numbness in your hands and feet, and even difficulty walking



Increase the risk of **blood clots** in your legs, lungs, and brain



Cause **anemia**, making you feel tired and weak

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HELP**
1-800-222-1222