## **WARNING**

# Nitrous oxide (also known as 'Laughing gas')

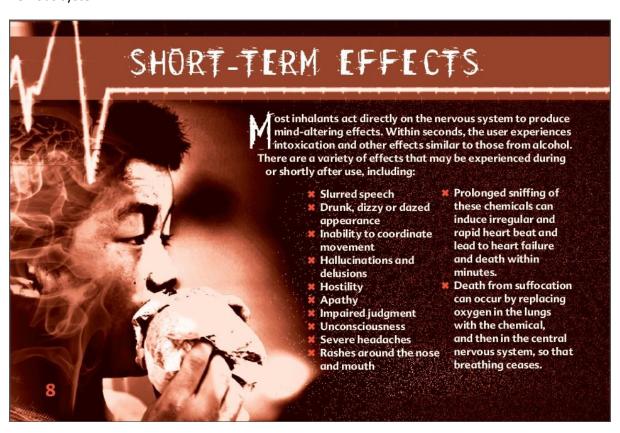


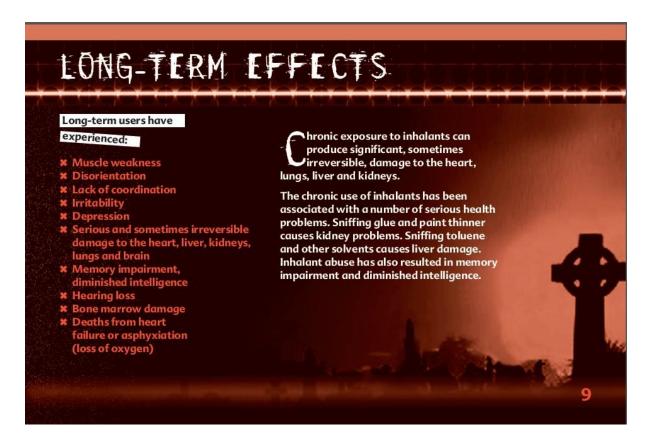
Inhaling nitrous oxide can be dangerous and can lead to loss of blood pressure, fainting and even heart attack. Prolonged exposure to nitrous oxide may also result in bone marrow supression and poisoning of the central nervous system. These risks are likely to be exacerbated if the exposure to the gas is combined with alcohol and other drugs.

It is an offence to supply nitrous oxide to persons under the age of 18 for the purposes of intoxication – *Intoxicating Substances (Supply) Act 1985* 

#### The effects of nitrous oxide

Regular use can lead to red blood cell problems that could result in anaemia. There is a risk of vitamin D deficiency and a link with mood swings and depression. There is also a risk of vitamin B12 deficiency with continued regular use. Vitamin B12 deficiency can potentially cause severe and irreversible damage, especially to the brain and nervous system.





## **Further information**

#### **Re-Solv**

Re-Solv is the expert charity working across the UK to end solvent abuse and support all those whose lives are affected by it. Call 01785 810762

https://www.re-solv.org/

https://www.re-solv.org/parents-guide/

# Facts about nitrous oxide

http://evolvenorthwest.com/facts/vsa

http://evolvenorthwest.com/

https://www.drugwise.org.uk/nitrous-oxide/

https://www.talktofrank.com/drug/nitrous-oxide?a=Nitrous%20oxide

