

# INHALANTS



## Facts About Drugs

### WHAT THEY ARE

**Names:** solvents, aerosols, nitrites (poppers), nitrous oxide (giggle gas, whippets), trichloroethane, sniff

**Type:** sedative/hypnotic, anesthetic

**Forms:** hydrocarbon solvents as liquid or gas

**Combinations:** anti-freeze, gasoline, degreaser; windshield washers, foam dispensers, acetone; cleaning fluid, spot remover; shoe polish, nail polish remover; gasoline, household cements, lacquer thinners, lighter fluid, model cements; airplane glue, plastic cements, rubber tire patching cement; paint and varnish removers, paint brush cleaners, household waxes; typewriter correcting fluids and thinners, general household cleaners; floor wax removers, suede cleaners, liquid incense, room deodorizer

**Usage:** inhaling gas or vapor from balloon, paper or plastic bag; sniffing vapor directly from container; inhaling saturated material placed over mouth; heating and inhaling higher vapor concentrations; swallowing solvent mixed with alcoholic beverages; injecting into bloodstream; spraying aerosols directly into mouth

**Legal Status:** legal; amyl nitrate by prescription

### WHAT THEY FEEL LIKE

dizzying rush; alcohol-like intoxication; distortion of senses and perceptions, delusions of grandeur; dizziness, euphoria, weightlessness; dissociation from environment; silliness, awkward movement, muscle weakness; altered speech, slowed reactions, altered judgment; sensitivity to light, double vision, dilated pupils, ringing in ears; drowsiness, sleep, anesthesia, depression, hallucinations, delirium, disorientation

### WHAT THEY DO

**To Your Mind:** in most cases, depresses central nervous system; nitrites stimulate

**To Your Body:** interrupt and increase heart rate, alter breathing

**Special Characteristics:** Cheap and easily available, solvents are often used by adolescents who knowingly risk life-threatening effects to bolster self-esteem or gain peer approval. Nitrite blackout results from combination with other drugs.

### HOW THEY CAN HURT YOU

- pain in chest, muscles and joints
- toxic effects of inhalation of combined substances
- bizarre behavior, severe depression, paranoia and toxic psychosis
- coma, seizures and brain damage
- nerve, liver, kidney damage and respiratory tract damage
- death

### WHEN TO GET HELP

- Do you think about how and when you're going to use drugs again?
- Is your work or school performance affected?
- Are you having problems with family and friends?
- Is your drug use beyond what you can afford?
- Do you use other drugs in addition to inhalants?

**FACT:**  
*Small amounts of inhalants can be instantly fatal.*