

Poppers - : Basics

- Poppers are sold in little bottles (containing liquid nitrites) with names like 'Gold-Rush' and 'Liquid Gold'
- When inhaled the nitrite vapours cause blood-vessels to dilate (get bigger) so blood flow increases and gives a high

The effects:

- The effects may include; Head rush, Dizziness, Feeling faint, Feeling sick, Headache, Coughing — These feelings can last for about 2 minutes

Legal status

Please refer to <http://www.release.org.uk> where information is kept up-to-date

Need more advice

www.drugscope.co.uk
www.talktofrank.com

Driving is dangerous on this substance

For further information please refer to

<http://www.brake.org.uk/index.php?p=913>

www.drugdrive.co.uk

<http://www.rta.nsw.gov.au/roadsafety/drinkdriving/drugs/index.html>



Risks:

- Continued regular use of poppers will bring on a tolerance of the effects—the poppers will no longer cause a high
- In some cases regular use can cause a psychological dependence to develop. A feeling of need for the substance in order to feel normal
- Poppers are not known to cause a physical dependence
- Can cause irritation around the mouth and nose

Harm Minimisation

Poppers are poisonous if swallowed

They also burn if they come into contact with skin causing a rash, or irritation to the eyes and throat

Poppers cause the blood vessels to dilate which means the heart has to pump faster—this could be a problem for people with a heart condition or with problems with their blood pressure

Poppers should also be avoided by people who are anaemic (low iron in blood) because they can have the effect of reducing haemoglobin levels—in other words, they can further reduce iron levels in the blood which could become a life-threatening condition