

Nitrous Oxide?

Sounds harmless, but it's risky.

Shortness of breath, fainting, falls, nerve damage?
It can all happen – and sooner than you might think.



Facts

- Nitrous oxide is originally an **anaesthetic**.
- **To get high**, it is inhaled from cartridges using balloons.
- It produces a **brief euphoric high** lasting 2–4 minutes.

Ban from April, 12th 2026

- The use of nitrous oxide for recreational purposes is no longer permitted:
- The handling of nitrous oxide in cartridges containing more than **8.4 g is prohibited**.
- **Sale to minors**, as well as mail-order sales and sales via vending machines, are prohibited.

Consequences

- A lack of oxygen to the brain can cause **dizziness, fainting, and risk of suffocation**.
- Frostbite if inhaled directly from the cartridge.
- Permanent nerve damage due to impaired vitamin B12 absorption – **numbness, tingling, symptoms of paralysis**.
- **Psychological addiction**: loss of control over the amount and frequency of use.
- Combining with alcohol or other drugs can be life-threatening.

Help
and
more

You are not alone. Ask. Get advice.

Scan the QR code to find support services.



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