Whip-Its (Nitrous Oxide)

Whip-Its are containers (e.g., whipped cream cans, balloons) that are filled with a gas, nitrous oxide. Nitrous oxide is also known as “laughing gas.” Inhaling nitrous oxide recreationally causes a dizzy, euphoric feeling, possibly resulting in fits of laughter. These feelings can last from a few seconds to a few minutes. Loss of consciousness and feelings of numbness are not uncommon when using Whip-Its, and inhalation can result in dangerous side effects. Individuals who use nitrous oxide often develop a tolerance to the drug. This means that people need to inhale more of the nitrous oxide to feel its desired effects, which increases the risk of serious negative side effects (e.g., heart attacks, death).

Side Effects Include:

- Damage to mouth, throat, lips, tongue due to cold temperature of gas
- Lung scarring
- Numbness and tingling
- Weakness
- Brain damage due to oxygen deprivation
- Heart attacks
- Nerve damage due to vitamin B-12 deficiency
- Coma
- Death

ABC News Report on Whip-Its:

Spice / K2

Spice is a dried herb that has been sprayed with a man-made chemical. It is inhaled, and mimics the effects of marijuana / THC. The feelings caused by spice are often more intense and last for a shorter amount of time than marijuana. Due to being man-made, the chemical ingredients and specific effects of spice can vary. There is no quality control on the ingredients so you cannot be sure of what you are consuming. Because of safety concerns, 18 states have already implemented laws and policies to control the sale of the drug.

Side Effects Include:

- Anxiety attacks
- Hallucinations
- Nausea
- Chemical dependency
- Severe agitation
- Elevated heart rate and blood pressure
- Coma
- Suicide attempts
- Fatal seizures

For more information on spice:


ABC News Report on Spice: