

Be careful when mixing drugs

Mixing drugs puts a great strain on the body and psyche. The effects are difficult to assess and don't simply correspond to the sum of the individual effects.

Popper consumption is particularly dangerous in combination with:

- Erectile dysfunction treatments (Viagra®, Cialis®, Levitra®, etc.)
- Medications that lower your blood pressure

There is a risk your blood pressure drops, which can lead to fainting, heart attacks or even death.

What else do you need to be careful of?



Make sure nobody swallows, injects or plugs poppers.
Poppers need to be stored in a way that nobody gets confused and drinks them by mistake.



Poppers are a corrosive liquid.

- Contact with skin: wipe off immediately and rinse with water.
- Contact with eyes or exposed mucous membranes: rinse thoroughly with water immediately.



Poppers and their vapours are flammable.
Don't hold any cigarettes or similar near the bottles.

If poppers are swallowed or in case of burns:
contact Tox Info ☎ 145, call an ambulance ☎ 144, or go straight to the emergency room.

Dr. Gay

Safer Use

Poppers

This is how you can reduce risks of popper use. More on Safer Use at drgay.ch/drugs

What types are there?

Poppers are nitrite-based. Some poppers only contain one type of nitrite, while others can contain a mixture.

Inhaling amyl, alkyl, pentyl, hexyl or cyclohexyl nitrite seem to have fewer risks.

But the following poppers are dangerous:

- **Propyl nitrite and isopropyl nitrite** are particularly toxic and can damage your eyes or even kill you.
- **Butyl nitrite and isobutyl nitrite** can potentially cause cancer.

Be careful with the concentration:

it can range from 1% to over 75% and this varies the strength of the poppers.

Be especially careful if there is no information about the ingredients, additives or concentration.

How are poppers taken?

Poppers are usually inhaled directly from the bottle through the nose. One to two breaths are enough. Limit the duration and frequency of consumption.



To avoid accidents:

- Only open the bottle when you are inhaling.
- Stand or sit upright.
- Avoid moving and make sure there is enough distance between you and others who are moving (e.g. on the dancefloor).
- Close your eyes when you are inhaling, so that no vapour gets in your eyes.
- You don't need to hold your nose directly to the bottle. Hold the bottle one to two centimetres from your nostril or use a nozzle.

What effects can poppers have?

You will feel the effects very quickly after inhaling and it will only last a few minutes:

- Pleasure, excitement, euphoria
- Relaxed muscles, vasodilation, feeling of warmth
- Headache, dizziness, discomfort, nausea, vomiting
- Impaired vision
- Drop in blood pressure, circulatory problems, unconsciousness

If dangerous side effects occur (e.g. loss of consciousness) or do not disappear (e.g. cardiovascular disorders):

Call an ambulance ☎ 144 or go straight to the emergency room.