

What Providers Needs to Know About Inhalants

What are Inhalants

Solvents, aerosols, and gases found in household products. Chemical vapors are inhaled to induce psychoactive or mind-altering effects. Misuse can also include prescription nitrites like amyl nitrite.

Signs of Misuse

- *paint stains on body or clothing;*
- *spots or sores around the mouth and nose;*
- *red or runny eyes or nose;*
- *chemical odor on breath;*
- *dazed or dizzy appearance;*
- *nausea, loss of appetite;*
- *anxiety, excitability, irritability*

Common Types of Inhalants

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| <ul style="list-style-type: none">• Paint thinners or removers• Dry-cleaning fluid• Gasoline• Lighter fluid• Correction fluid• Permanent marker | <ul style="list-style-type: none">• Glue• Spray paint• Hair spray• Butane lighters• Propane tanks• Aerosol cleaners• Electronics cleaners |
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Common Slang Terms
poppers, whippets, air blast, bold, chroming, glad, hippie crack, snappers, rush, oz, whiteout, nos

DANGER!!!

These are highly volatile and can ignite easily causing explosions or burns



Short-Term Health Effects: Produces a rapid high resembling alcohol intoxication usually lasting only a few minutes unless user re-doses frequently. Effects can include confusion, nausea, slurred speech, lack of coordination, euphoria, dizziness, drowsiness, disinhibition, lightheadedness, hallucinations/delusions, headaches, convulsions/seizures, coma, choking

Long-Term Effects: Liver and kidney damage, bone marrow damage, nerve damage, brain damage

Sudden Sniffing Death Syndrome *Can result from 1st time or 100th time use. Inhalants can cause the heart to beat erratically, leading to cardiac arrest. Inhalants also enter the lungs and central nervous system which can suppress oxygen levels and result in suffocation*

Treatment Options

There are currently no FDA-approved medications to treat inhalant misuse, and more research is needed to determine if behavioral interventions are effective in treating inhalant misuse. Current recommendations include the use of Motivational Interviewing and Cognitive-Behavioral techniques that have been shown to be effective in managing Substance Use Disorders. Other treatment recommendations focus on community-based and culture-specific prevention efforts, including 12-Step participation, family support, and recovery support.

Funding for this product was made possible in part by Cooperative Agreement #1 H79 T1080211 from the Substance Abuse and Mental Health Services Administration.



Pacific Southwest (HHS Region 9)

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Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration