

BUTANE

INHALATION OF BUTANE CAN KILL INSTANTLY

Butane is commonly misused by being inhaled directly through the mouth from cigarette lighter refills, canisters or aerosol sprays. Although the initial high will last only a few minutes, the effects can continue for up to 40 minutes.

Sudden Sniffing Death Syndrome (SSDS)

SSDS is a cardiac condition where the heart starts beating irregularly. Most deaths attributed to butane use are caused by SSDS.

It is safest not to inhale butane

but if you are going to do so, please consider the following:

- Do not use near busy roads or other hazardous environments.
- Do not use butane alone, in isolated locations or in confined spaces.
- Do not use plastic bags or masks to inhale butane.
- Keep the can upright and do not tilt the can.
- Do not use near a naked flame or lit cigarette.
- Do not mix with alcohol, prescription medications or illegal drugs.
- Do not sleep with canister cropped against your nose or a blanket over your head.
- Secure a piece of gauze on top of the nozzle to ensure that if the can is tilted the liquefied gas would hit the fabric and not the back of the throat.

What should you do in an emergency if someone is unconscious?

- ◆ Keep calm.
- ◆ Ensure the area immediately around the person is clear of unsafe objects, including volatile substances.
- ◆ Call an ambulance yourself or get someone else to.
- ◆ Check if the person is breathing, and check if they respond to gentle shaking or loud talking.
- ◆ If the person is breathing, put them in the recovery position and lift their chin to ensure their airway remains clear.
- ◆ If the person is not breathing, begin CPR if you know how.
- ◆ Don't crowd the person or excite them.
- ◆ Try to find out what the person has used so you can tell the medics.

GAS LIGHTER
REFILL

For more information see the Butane Gas Factsheet at www.drugs.ie/butane or find a local service at www.drugs.ie/services