

POPPERS SAFETY GUIDE



WHAT THEY DO:

- Dilate or expand your blood vessels -- this is what makes you feel warm or flushed after you take a hit
- Make your heart pump faster & harder
- Relax your anal sphincter, the muscle that squeezes your anus closed - this is why it is easier to bottom



DO NOT MIX WITH ORAL ERECTION MEDS

Poppers, like other nitrates, should never be combined with sildenafil (Viagra) or tadalafil (Cialis), as this can lead to low blood pressure, fainting, or death. Alprostadil (Caverjet) or Trimix penile injections can be used with poppers safely.

HEART PROBLEMS OR HIGH/LOW BLOOD PRESSURE?

If you have heart problems or problems with high or low blood pressure, talk to your health care provider before using poppers. Be sure to mention if you take medicines for high blood pressure or heart disease. Poppers should not be mixed with nitroglycerin, isosorbide, or nitroprusside.



AVOID SKIN CONTACT, DO NOT INGEST, & CLOSE YOUR EYES



Poppers are toxic to ingest and can burn skin. Some research suggests that popper fumes are bad for your eyes. When you take a hit, do your best to be in a position where you can firmly grasp the bottle, and keep it upright. If it is safe to do so, close your eyes when taking a hit, and always replace the cap when you are done.

