

# PRESCRIBING AMYL NITRITE INHALANT

## (Poppers)

### Background

Amyl nitrate is a rapidly acting vasodilator administered by inhalation, it is commonly known as 'poppers'. In March 2020 all amyl and alkyl nitrate products were reclassified as a prescription only medication in New Zealand. While there are currently no approved products available, an unapproved product in a single use format containing pharmaceutical grade amyl nitrate for the treatment of painful receptive intercourse is now available locally.



### Usage

Amyl nitrite causes a nonspecific relaxation of smooth muscle. Sniffing poppers relaxes the anal sphincter muscles allowing anal sex to take place more easily. It's effect appears within 30 seconds and lasts for approx. 3-5 minutes. A capsule of amyl nitrate is held away from the face under the nose and crushed between the fingers to break the thin glass top. Two to six inhalations of the vapours are usually sufficient to promptly produce therapeutic effects. If necessary, the dose may be repeated after 3-5 minutes.

### Precautions

Amyl nitrate is volatile, even at low temperatures, and is flammable. Inhaled doses of 5 to 10 drops may cause violent flushing of the face, accompanied by a feeling of imminent bursting of the head and very excessive heart reaction.

Sniffing poppers after taking anti-impotence drugs, such as Viagra or Cialis can result in a potentially dangerous drop in blood pressure. The potential dangers from sniffing poppers after taking Viagra or Cialis are increased if you are also taking a protease inhibitor as part of your HIV treatment which may prolong the effect.

### Prescribing Amyl Nitrite

Amyl Nitrite should be prescribed as:

**Amyl nitrite 294mg /0.3mL inhalation: solution, ampoule**

**Sig.: inhaled as directed**

**Mitte: 1 x 12 ampoule**

### Pharmacy Details

The unapproved Amyl Nitrite product is currently only available from the following pharmacies:

#### **Chemist Plus**

435 Khyber Pass Road,  
Newmarket, Auckland 1023  
Phone: 09 520 0777  
[info@chemistplus.co.nz](mailto:info@chemistplus.co.nz)

#### **Citycare Pharmacy**

419 Queen Street,  
Auckland CBD, Auckland 1010  
Phone: 09 558 1688  
[Info@carepharmacy.co.nz](mailto:Info@carepharmacy.co.nz)

**For more information on Poppers and  
how they can be safely used, please visit**  
[bodypositive.org.nz/poppers](http://bodypositive.org.nz/poppers)

