

# Inhalant Abuse Check List

**ADULTS**

- **Kitchen**
    - Whipped cream
    - Whippets (Nitrous oxide cartridges)
    - Pam
    - Insecticides
    - Spray (aerosol) cleaners
  - **Basement or workshop**
    - WD40
    - Fabric protector (Scotch Guard)
    - Paint, cans or spray (especially gold or silver spray paint)
    - Paint thinner
    - Mineral spirits
    - Toluene
    - Paint remover, stripper
    - Lacquer thinner
    - Contact cement
    - Solvent based caulking
    - Contact cleaner
    - Turpentine
  - **School and art supplies**
    - Correction fluid
    - Correction fluid thinner
    - Permanent magic markers
    - Dry erase markers
    - Contact cement
    - Rubber cement
    - Ducco cement, airplane or model glue
    - Spray adhesive
    - Computer gas duster
  - **Bathroom**
    - Hair spray
    - Air freshener
    - Nail polish and nail polish remover
    - Spray deodorant
    - Spray cleaners
    - Asthma inhaler
  - **Garage**
    - Gasoline
    - Coleman stove fuel
    - Propane (from barbeque grills, portable torches)
    - Carburetor cleaner
    - Charcoal starter fluid
    - Starter fluid
    - Flat tire repair aerosol cans (“Fix-A-Flat”)
  - **Miscellaneous**
    - Any spray (aerosol) cans
    - Mothballs
    - Freon
      - Air conditioners
      - Refrigerators
    - Halon (from fire extinguisher)
    - Gas cigarette lighters
    - Gas cigarette lighter refills (butane)
    - Lighter fluid
    - Dry cleaning fluid and spot removers
  - **Anesthetics**
    - Nitrous oxide
      - “Whippets” (mini-tanks)
      - Whipped cream cans
    - Ether
    - Chloroform
  - **Nitrites**
    - Amyl nitrite
    - Butyl nitrite
- ## Examples of Paraphernalia
- Plastic bags
  - Paper bags
  - Rags
  - Toilet paper tubes stuffed with tissues
  - Empty soda cans
  - Empty cologne or perfume bottles
  - Balloons (Nitrous oxide)
  - Tanks (Nitrous oxide)

Developed by  
Howard C. Wolfe, MA, LMFT  
E-mail: [hwolfe@wolfe411.org](mailto:hwolfe@wolfe411.org)  
781-643-7272 or 800.419.8398

Adapted by  
Maine Inhalant Abuse Prevention Task Force

Last Revised November 2006

## MAINE INHALANT ABUSE PREVENTION WORK GROUP

A Project of the New England Institute of Addiction Studies / Funded by the Maine Office of Substance Abuse

For more information about inhalants please contact

Maine Office of Substance Abuse Information and Resource Center

Phone: 1-800-499-0027 TTY – 1-800-606-0215

Email: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov) Web Address: <http://maineosa.org/irc>

## **MAINE INHALANT ABUSE PREVENTION WORK GROUP**

A Project of the New England Institute of Addiction Studies / Funded by the Maine Office of Substance Abuse

For more information about inhalants please contact

Maine Office of Substance Abuse Information and Resource Center

Phone: 1-800-499-0027 TTY – 1-800-606-0215

Email: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov) Web Address: <http://maineosa.org/irc>