

# What are THC vapes?

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THC is responsible for the psychoactive (mind-altering) effects of cannabis.

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THC vapes are disposable vapes with THC preloaded into them. THC may also be added to vape liquid bottles, to be added to refillable vapes or mods.

Tests have also shown that many THC vapes contain other substances, such as synthetic cannabinoids – known as SCRA or Spice – and xylazine, which carry a greater level of risk and can lead to significant physical harm.

## How can THC vapes make you feel?

THC affects different people in different ways, and how you're feeling can impact the effect you get. Generally, THC vapes can:

- Cause nausea or vomiting ('throwing a whitey')
- Make you feel hungry ('the munchies'),
- Make you feel giggly
- Make you feel unmotivated, sleepy or withdrawn
- Cause your eyes become red or irritated
- Make your mouth go very dry

## What happens to my body if I use THC vapes often?

Symptoms of inhaling vitamin E acetate (a common ingredient in THC vapes) include an **ongoing cough, shortness of breath, and chest pains**. Other long-term effects include:

- Paranoia, anxiety, and hallucinations
- Seizures (which may lead to a coma)
- Being very tired all the time
- Stomach pains, loss of appetite, or feeling sick
- Severe headaches
- Acting aggressively or violently

## Ways of using THC vapes which carry less risk

- Strength can vary between batches. Start with a small amount and wait at least two hours before your next dose – **start low, go slow**.
- Everyone responds differently to drugs – it's okay to **go at your own pace**. Inhaling deeply will not increase the effect of THC vapes, but it could damage your lungs, so try and take small and short puffs if smoking.
- **Try not to mix THC vapes with other drugs or alcohol**, as this can increase your risk of harm
- Use a vape or liquid you have bought from a **reputable shop**, with a clear list of ingredients.
- **Don't share vapes**, as you won't know what's in the liquid and it may have been 'spiked' with a drug you are not expecting.
- Where you are when you use THC vapes can impact the effects you may experience, so try and **find a space where you feel safe** comfortable and are with **people you trust**.
- It's common to get a dry mouth when using THC vapes, so **sipping water regularly** can help.

## ! What to do if you think someone has overdosed

If someone passes out or falls asleep and you can't wake them up, put them in the recovery position and get help fast by calling 999, telling emergency services what you know.

### Signs of THC overdose include:

- Anxiety
- Loss of coordination
- Panic
- Uncontrolled muscle movements
- Increased heart rate
- Vomiting
- Changes to breathing
- Delirium
- Suicidal ideation
- Psychotic symptoms

If you or someone you know wants online advice and help, you can access our confidential web chat at [wearewithyou.org.uk](https://wearewithyou.org.uk)