



NITROUS OXIDE

Frequently Asked Questions

What is Nitrous Oxide? Nitrous Oxide used for labor pain is a mixture of 50% Nitrous gas and 50% oxygen that is inhaled through a mask or mouthpiece that a woman holds and self-administers, as she wishes. A version of Nitrous oxide is used widely in dental offices, where most people know of it as "laughing gas." The blend that's used in laboring women **is different**, and does not have the same effect, as it is not anesthesia. The pain may still exist for some women but the gas may create a feeling of "Painful contractions? Who cares?" It has been, and still is, widely used in Canada and Europe for labor.

How does it work? You hold your own mask or mouthpiece and begin to inhale the gas mixture about 30 seconds before a contraction begins, or as soon as you feel the contraction starting. This helps the gas to reach its peak effect at about the same time as the contraction reaches its peak, providing the greatest relief.

Are there any reasons I could not use it? Yes: you cannot use it if you:

- Are unable to hold your own mask or mouth piece
- Have impairment of consciousness or are impaired with either drugs or alcohol
- Have had opioids within 2 hours prior to implementation of Nitrous oxide administration, or have taken methadone or Suboxone® within the last 5 days
- Have a documented B-12 deficiency or risk thereof without normal documented level of B 12 supplementation
- Have impaired oxygenation

Can I still be out of bed and use Nitrous? Yes, you may be out of bed and use the Nitrous. As long as you are steady on your feet, you may be up and about in your room, with assistance.

Is there any extra monitoring required? No, there is no extra fetal monitoring required for Nitrous to be used.

Do I need an IV? No, not unless there is a medical reason.

Can I use Nitrous and have intravenous narcotics at the same time? No, the combination of narcotics and Nitrous can slow your breathing so they would not be used together.

Can I use Nitrous in the tub? Yes, however we will want to be sure we know how you will respond to Nitrous before hydrotherapy is initiated and appropriateness will be determined by your RN, physician or midwife.

Are there any effects on baby? There are no known lasting effects on the baby: Nitrous is the only pain relief method used for labor that is cleared from the body through the lungs, so as soon as you pull the mask away, the Nitrous effect is gone within a breath or two.

Do I have to choose between either using Nitrous oxide OR having an epidural? No: some women may use Nitrous prior to having an epidural placed. Though they would not be used together (the epidural and Nitrous), it is perfectly fine to use Nitrous first, and then move on to a different type of pain relief if you find you need to change to something else.



Pro-Nox Nitrous Oxide Delivery System



Help Relieve
the pain and
anxiety of
labor &
delivery!

Experience the
natural alternative
to an epidural.

*The natural alternative that you
control during labor & delivery.*

*Use the Pro-Nox System when you
need it and still have the ability to
move around and experience your
child's birth.*

*You will feel the effect in seconds
and it will offer you an immediate
relief of pain and anxiety.*

You control how often to use it.

*Ask that Pro-Nox be scheduled
with your upcoming birth!*



Patient-Controlled Analgesia

The upcoming birth of your new baby is a milestone event that you will remember and cherish forever.

Our birthing center is pleased to offer you an option that will help manage the pain and anxiety during natural child birth.

The Pro-Nox Nitrous Oxide Delivery System is the best on the market today to

help relieve the pain and anxiety during labor & delivery



The Pro-Nox is a 50% Oxygen and 50% Nitrous analgesia and is the best way to actively participate in your new baby's delivery into this world.

Quick Effect

The Pro-Nox takes effect in seconds and offers immediate relief of pain and anxiety without any needles or long lasting effects. You control when to use it and for how long to use it, It allows you to recognize and respond to your pain and discomfort on your own terms.

Quick Recovery

Unlike an epidural, there are no lasting effects and you can be up and moving around to actively participate in your labor. With the Pro-Nox, you breathe into the mask, which you hold and control, when you need it for the pain. When the labor pain subsides, pull the mask away from your face, take a couple of breaths and the Nitrous Oxide is out of your system quickly.

Benefits & Advantages

- Self Administered
- Easy to Use
- Takes effect quickly
- Quick Recovery
- Actively participate—can be used at any time in labor right up to the birth
- Can move around *freely*
- Does not interfere with your labor progress or ability to push



Photo by Mikhail Tchkhedze/Thinkstock

Common Questions

What is it? A mixture of 50% Oxygen and 50% Nitrous Oxide.

How does it work? The equipment handles the mixing to ensure a perfect 50/50 blend is delivered with each breath. You hold **your** own mask and inhale as you start to feel a contraction. Keep the mask on your face through **your** contraction, breathing in and out will help relieve the pain and anxiety.

Does it have side effects? Some women report nausea, but taking a few deep breaths without the mask will eliminate the nausea.

Can I move around in and out of bed?
Yes—you are completely mobile when using the Pro-Nox.

Does it affect my baby? No, there are no known effects on the baby. Nitrous is the only pain relief method used for labor that is cleared from the body through the lungs, so as soon as **you** pull the mask away, the nitrous effect is gone within a breath or two.

Is there any extra monitoring required?
No, there is no extra fetal monitoring required for nitrous to be used.