



PATIENT INFORMATION

NITROUS OXIDE

Thank you for choosing McLaren as your preferred birth center! Our team wants to ensure that your physical, emotional and spiritual needs are addressed during your stay. To meet some of your physical needs, our Labor & Delivery team wants you to be aware of available methods to help you cope with potential anxiety or discomforts that may be associated with your labor and birth process.

Depending on your previous health history and pregnancy history, you may be eligible for the following:

- Unmedicated labor (e.g. use of breathing techniques, position changes, conscious relaxation, coaching from your bedside nurse, significant other or family member, etc.)
- Medications through your IV (morphine, Stadol, fentanyl)
- Nitrous oxide (please note that nitrous oxide will not be administered to patients who have received any narcotics within the prior four hours)
- Epidural

The following information addresses one of our newer choices for managing labor: nitrous oxide.

- Nitrous oxide is combined with oxygen in a 50/50 concentration and is delivered through a machine at your bedside. The machine has a one-way valve mask, allowing complete control of the gas inhalation by you, the patient. When you desire nitrous support, you simply hold the mask over your nose and mouth and inhale. When not in use, the valve contains the gas for safety for you and those in your room.
- Nitrous oxide is easy to use. The nitrous/oxygen blend is self-administered during contractions. At the beginning of a contraction, you will place the mask, which is attached to the machine, over your nose and mouth. As you breathe through the contraction, the nitrous/oxygen blend is administered. As the contraction subsides, you will lower your mask to resume breathing room air.
- Nitrous oxide is less invasive, and no extra monitoring is necessary (unless you or your baby already have indications for additional monitoring).
- You will be able to move around with assistance of your nurse; including getting out of bed and into the shower or tub (if available).
- Nitrous oxide takes effect quickly and rapidly clears the body.
- You will likely feel relaxed and less anxious, and therefore less discomfort and improved coping ability.
- Nitrous oxide does not appear to affect your unborn baby; however, the FDA warns against prolonged exposure (greater than 3 hrs). More information is included in this packet.
- Nitrous oxide does not affect APGAR scores or newborn behaviors.
- Nitrous oxide does not interfere with labor progression.
- The most common side effect is nausea, which can be quickly eliminated by taking a few deep breaths without the mask.

Please inform your nurse if you are interested in using nitrous. She will give you additional information, answer your questions, and ask you to sign consent/agreement.

We wish you the best for your childbirth experience! Thank you for choosing McLaren!



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FDA approves label changes for use of general anesthetic and sedation drugs in young children.

This is an update to the FDA Drug Safety Communication: FDA review results in new warnings about using general anesthetics and sedation drugs in young children and pregnant women, issued on December 14, 2016.

Safety Announcement

[4-27-2017] The U.S. Food and Drug Administration (FDA) is notifying the public that we have approved previously announced label changes regarding the use of general anesthetic and sedation medicines in children younger than 3 years. These changes include:

- A new warning stating that exposure to these medicines for lengthy periods of time or over multiple surgeries or procedures may negatively affect brain development in children younger than 3 years.
- The addition of information to the sections of the labels about pregnancy and pediatric use to describe studies in young animals and pregnant animals that showed exposure to general anesthetic and sedation drugs for more than three hours can cause widespread loss of nerve cells in the developing brain; and studies in young animals suggested these changes resulted in long-term negative effects on the animals' behavior or learning.

General anesthetic and sedation drugs are necessary for patients, including young children and pregnant women, who require surgery or other painful and stressful procedures. In the U.S., surgeries during the third trimester of pregnancy requiring general anesthesia are performed only when medically necessary and rarely last longer than three hours. We are advising that in these situations, pregnant women should not delay or avoid surgeries or procedures during pregnancy, as doing so can negatively affect themselves and their infants.

Similarly, surgeries or procedures in children younger than 3 years should not be delayed or avoided when medically necessary. Consideration should be given to delaying potentially elective surgery in young children where medically appropriate.

Parents, caregivers, and pregnant women should talk to their health care professionals if they have any questions or concerns about general anesthesia and sedation drugs.