

McLaren Print System Order

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1221 Pine Grove Avenue
Port Huron, MI 48060

Brochures
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Paragon Dept No: 30610
Dept Name: 4 north - FBP
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Item Number: MHCC-2814
Item Description: Patient Information - Nitrous Oxide
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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 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 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 mask 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 the 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 (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.

Spec Info:

Please inform your nurse if you are interested in using nitrous. She will give you additional information, answer your questions, and help you decide if it is right for you.