

# Nitrous Oxide



Our experienced Childbirth Services team at Prairie Ridge Health offers a variety of pain relief options during labor, including nitrous oxide.

We invite you to learn more about this option by consulting your physician.

# Prairie Ridge

HEALTH

## Women & Childbirth Services

Inspired by you

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[www.PrairieRidge.Health](http://www.PrairieRidge.Health)

## What is Nitrous Oxide?

Nitrous Oxide, or “laughing gas,” is an inhaled gas used to relieve pain in labor and/or during procedures after delivery. It is an almost odorless, tasteless gas that enters and exits the body quickly during use.

## How is it used?

Nitrous Oxide is breathed in through a mask that you will hold over your mouth and nose during a contraction. You control the amount of gas you give yourself.

### Benefits

- Helps you relax and feel less tense during contractions.
- Works quickly
- Does not slow down labor
- You do not need an IV
- You do not need to be attached to a baby monitor all of the time
- There is no effect on the baby
- May be used if you need a procedure after the baby is born

### Possible Side Effects

- Nausea or vomiting
- Feeling dizzy or lightheaded
- Feeling restless, anxious, or nervous

*Please consult your physician before deciding if nitrous oxide is the right choice for you.*

Call (920) 623-1290 for more information.

The birth of a new baby is an exciting event as you welcome your child into the world. Our skilled, caring physicians, nurses and staff are committed to ensuring the comfort and well-being of you, your child and your family during this special time.

ATTENTION! If you speak English, language assistance services, free of charge, are available to you. Call 3395.

ATENCIÓN! si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 3395.

LUS CEEV! Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 3395.