

# FAQs

## What is it?

A mix of 50% nitrous and 50% oxygen that is an option for pain control during labor and delivery.

## 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 or dizziness, but taking a few deep breaths without the mask will quickly eliminate these effects.

## Does it affect my baby?

No, there are no known documented effects to the baby. Nitrous oxide 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.



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*The point of unity is you.*

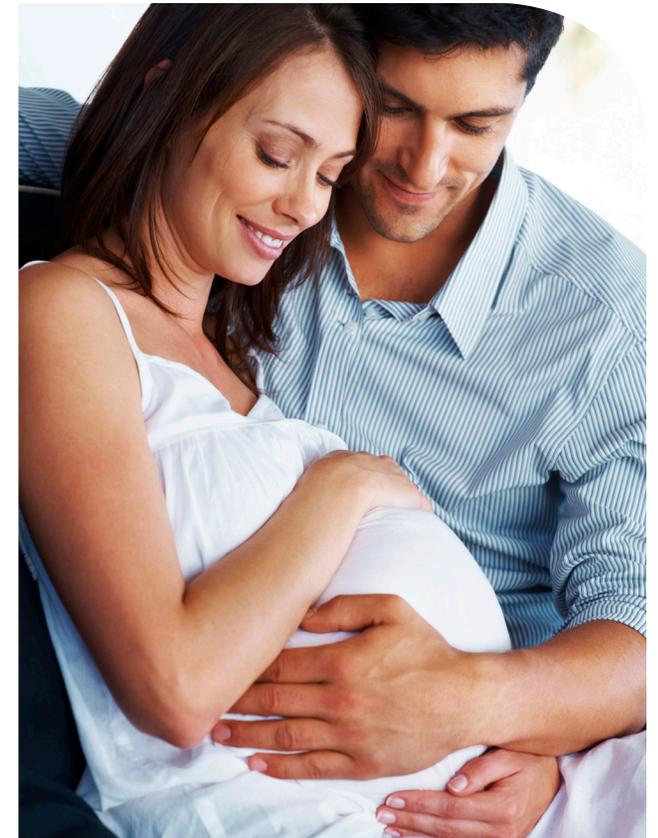
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## Nitrous Oxide Use in Labor and Delivery

Help relieve pain and anxiety during labor and delivery



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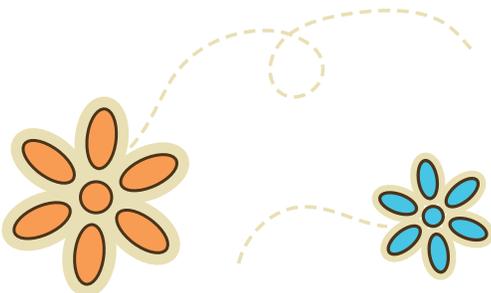
# Nitrous Oxide Use in Labor and Delivery



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

Iowa Lutheran Hospital is pleased to offer you an additional option that will help manage the pain and anxiety during childbirth.

Nitrous Oxide is a safe blend of 50% nitrous and 50% oxygen and is a great way to participate in your labor management.



## Quick Effect

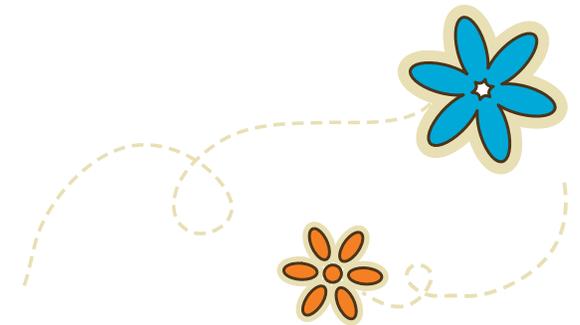
The use of nitrous oxide takes effect in seconds and offers immediate relief of pain and anxiety without long-lasting effects. You control when you use it and how long to use it. It allows you to recognize and respond to your pain and discomfort on your own terms.

## Quick Recovery

There are no long lasting effects and you can be mobile during your labor. When using nitrous oxide, 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 and 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 with assistance
- Does not interfere with your labor progress or ability to push
- Can be used throughout labor or until you choose a different form of pain control (IV medication or epidural)



## Who Can Use It?

**Not everyone is a candidate for nitrous oxide use. Your healthcare provider will discuss if this method is appropriate for you.**