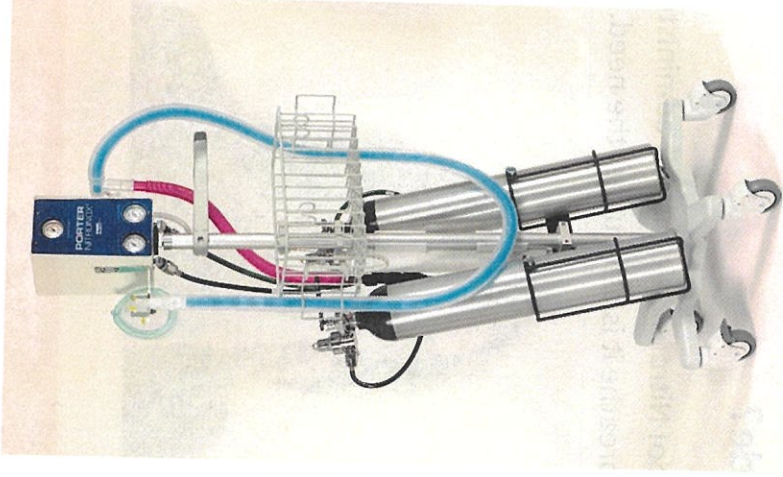


# Nitronox Use For Labor and Delivery Pain Management



## What Patients Are Saying

Here are some quotes from a recent survey showing what new mothers had to say about their experiences with Nitronox during and after labor.

*"Knowing I would have access to a pain aid that would not interfere with the health of my baby or my ability to move and labor in the way I wanted was very appealing."*

*"I liked that I was in total control and was able to regulate how much or how little I needed. I also liked the fact that the gas did not take away my ability to feel the pain or listen to what my body was telling me to do."*

*"During stitching after the birth – it caused me to relax and not feel the anxiety I usually have with needles or any pain associated with the experience."*

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with Nitrous Oxide**



# FAQs

## What is Nitrous Oxide?

The gas that is used for labor pain is a mixture of 50% nitrous oxide and 50% oxygen that is inhaled through a mask. It is used widely in dental offices where most people know of it as "laughing gas".

## How does Nitrous Oxide work?

You hold your own mask and begin to inhale the gas mixture about 30 seconds before a contraction begins. Starting to inhale before a contraction begins helps the gas to reach its peak effect at about the same time as the contraction reaches its peak, providing the greatest relief.

## Does it have any side effects?

Some women report nausea or dizziness but taking a few deep breaths of room air will quickly eliminate these effects.

## How will I feel when using Nitrous Oxide?

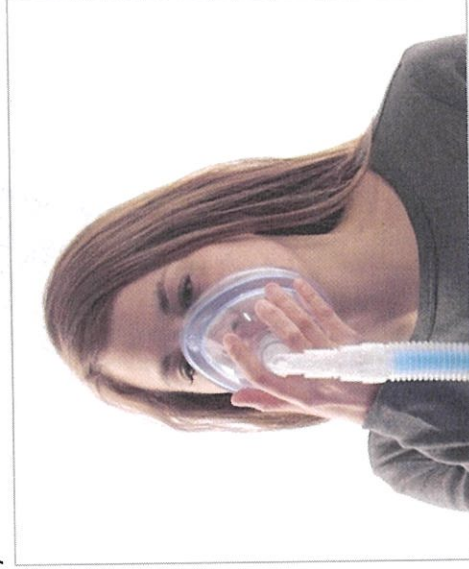
Each patient has a different experience when using nitrous oxide. Most women voice that the nitrous oxide helps "take the edge off" of the contractions and allows them to cope with labor better. Some report more pain relief. Nitrous oxide helps in lowering anxiety. A decrease in anxiety can also help you cope with pain better.

## Benefits and Advantages

- Self-administered
- Easy to use
- Fast acting
- Quick recovery
- Does not interfere with labor, ability to push or breastfeeding

## Who administers the Nitrous Oxide?

You do! Nitrous Oxide is self-administered, you breathe it is as you feel the need.



## Who Can't Use It?

- People who cannot hold their own facemask
- People with a known B12 Vitamin deficiency

Consult with your physician for other medical condition risks and concerns