What is Nitrous Oxide and how is it used?
Nitrous oxide is commonly called "laughing gas." For pain management in labor, women inhale a mix of 50% nitrous oxide with 50% oxygen through a mask.

Who administers nitrous oxide?
It is self-administered. The woman in labor inhales at the start of a contraction and exhales back into the mask. She is completely in control of the use of nitrous oxide.

Will Nitrous Oxide slow down labor?
Nitrous Oxide has not been proven to slow down labor or decrease contractions, and can be used anytime in labor.

Will Nitrous affect my baby?
To date there are no known studies reporting Nitrous having an effect on fetal heart rates or apgars in the newborn.

How does Nitrous work?
Nitrous helps to lower anxiety levels which aides in reducing the perception of pain.

Are there side effects?
Some patients may complain of nausea or dizziness, and Nitrous may not work for those patients who want to have complete pain relief.

If you are considering the use of Nitrous for labor you must SPEAK WITH YOUR PROVIDER FIRST.