



# Using **Nitrous Oxide** During Labor and Delivery

## Help Relieve the Pain and Anxiety in a Natural Way!

The upcoming birth of your new baby is a milestone event that you will remember and cherish forever. The Middlesex Hospital Pregnancy & Birth Center is pleased to offer you the option of using nitrous oxide to help manage the pain and anxiety during natural childbirth, if your healthcare provider determines you are a suitable candidate.

A nitrous oxide delivery is a safe alternative to help relieve the pain and anxiety during labor and delivery. It is the best way to actively participate in your new baby's delivery into this world.

## Quick Effect

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

## Quick Recovery

Unlike an epidural, there are no lasting effects and you can be up and moving around to actively participate in your labor. With 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 & Advantages

- Self-administered
- Easy-to-use
- Takes effect quickly
- Provides quick recovery
- Can be used at any time in labor, right up to the birth
- Allows freedom of movement
- Does not interfere with your labor progress or ability to push

## COMMON QUESTIONS

### What is in the nitrous oxide?

A mixture of 50% oxygen and 50% nitrous oxide.

### 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 any side effects?

Some women report nausea, but taking a few deep breaths without the mask will eliminate the nausea.

### Can I move around in and out of bed?

Yes, you are completely mobile when using nitrous oxide.

### Does it affect my baby?

No, there are no known effects on 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 oxide effect is gone within a breath or two.

### Is there any extra monitoring required?

No, there is no extra fetal monitoring required for nitrous oxide to be used.

## To schedule an Information Session & Tour

[middlesexhospital.org/pregnancycalendar](http://middlesexhospital.org/pregnancycalendar)  
or 860-358-6699.

28 Crescent Street  
Middletown, CT 06457

[www.middlesexhospital.org](http://www.middlesexhospital.org)

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