



Holy Family
BIRTH CENTER
Birth as it was intended

Name: _____

DOB: _____

Inhaled Nitrous Oxide Analgesia Consent

HFBC offers nitrous oxide analgesia as a tool to help manage the discomforts of labor and birth. Nitrous oxide has been and is currently used extensively world-wide as a form of analgesia for labor and birth. Nitrous oxide is safe for both mother and baby.

Indications:

Women in labor who desire analgesia.

Women undergoing perineal repair where local anesthesia may not meet analgesic needs.

Women requiring immediate post-partum procedures such as manual removal of placenta.

Contraindications:

Patients who cannot hold the delivery device (mask).

Patients who are receiving specific vitamin B12 supplementation for B12 deficiency, recent middle ear surgery or infection.

Side effects:

dizziness, fatigue, and rarely nausea & vomiting.

Instructions for use:

Nitrous oxide is self-administered. Seal mask around mouth/nose and inhale deeply approximately 30 seconds prior to the start of the contraction. It requires approximately 30 to 60 seconds to become most effective. The patient must hold the mask herself and may be limited in movement during use.

Termination of Treatment:

Use of nitrous oxide is discontinued when patient desires or when need for analgesia is no longer present. The effects are eliminated within seconds of breathing room air.

I have read the above consent for use of nitrous oxide in labor and desire to self-administer according to the instructions above.

Patients signature:

Date:

CNM Signature:

Date: