

# Nitrous Oxide For Your Procedure

## Nitrous Oxide

Nitrous oxide is a medicine given to make you comfortable and relaxed for a procedure.

The medicine will keep acting in your body for up to 24 hours. You may not remember all of what happened. This is normal.

## What to Expect During Your Visit

- You will breathe in the medicine through a mask. You will be asked to breathe in and out normally.
- A nurse will be in the room to make sure the mask stays in place.
- The health care team will closely watch you during the procedure.

**Important:** Women who are pregnant should not be in the room during the procedure. Nitrous oxide may be harmful to a growing baby.

## What to Expect After Your Visit

- The nurse will remove the mask.
- You may not have a lot of energy after the procedure.
- A nurse will watch you until the medicine has worn off.

## What to Expect at Home

- Be sure to drink plenty of liquids.
- You may not be hungry the rest of the day.
- If you receive a pain medicine, follow the directions on the label.
- Follow the directions your health care provider gives you.

## Benefits of Nitrous Oxide

Nitrous oxide may help you:

- relax
- have less pain
- forget about the procedure once it is over.

## Possible Side Effects

Nitrous oxide is safe. It does not have any long-term side effects. Short-term side effects may include:

- headache
- upset stomach (nausea)
- throwing up (vomiting).

## When to Call Your Primary Care Provider

Call your primary care provider if you have any questions or concerns.