

## Getting Ready to Learn about Nitrous Oxide

Learning something new can be hard. The purpose of this education plan is for you and the staff to read over this information together. Here are some good things to tell the staff:

- Who else do you want to learn this information?
- What is the best way for you to learn? Reading, listening, watching or by doing things yourself?
- Tell staff if you cannot focus on learning right now.

This information is important to your child's health. We may explain something more than once. We will be giving you information in small bits at a time. If there is something you don't understand, it's ok to ask us to explain again.

### **What I need to learn about Nitrous Oxide:**

I will be able to show or tell the staff:

1. What nitrous oxide is
2. How nitrous oxide is given
3. The side effects of nitrous oxide
4. What to expect after the nitrous oxide is stopped
5. How to help my child during the procedure
6. When I should call the doctor

### **The staff will use three questions to teach me about nitrous oxide:**

1. What is the main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat important points in my own words, or ask me to show what I have learned. They want to make sure that I know the information.

**What is the main problem?**

I need to know about Nitrous oxide. My child will be given nitrous oxide for a procedure.

**What do I need to do?**

I will be able to tell the staff what nitrous oxide is.

- Nitrous oxide is a quick-acting inhaled medicine.
- It decreases pain and anxiety.
- It will make my child feel relaxed and sleepy. It does not cause deep sleep.
- Nitrous oxide is sometimes called laughing gas. It is often given at dentists' offices.

I will be able to tell the staff how nitrous oxide is given.

- Nitrous oxide will be given a few minutes before the procedure starts. It may continue until the procedure is done. My child will breathe the medicine through a mask. My child can choose if the mask smells like grape or strawberry.
- Sometimes young children don't like the mask. If this happens, the doctor or nurse will help them.

I will be able to tell the staff the side-effects of nitrous oxide.

- Nitrous oxide is safe for use in children. There are no long term side effects. The following side effects may occur for a short time:
  - Headache
  - Nausea
  - Vomiting

I will be able to tell the staff what to expect after the nitrous oxide is stopped.

- I will stay with my child after the nitrous oxide is turned off.
- Oxygen will be given to my child for a short time after the nitrous oxide is turned off.
- My child may have a light snack.
- The effects of nitrous oxide wear off quickly. My child may be a little disoriented or irritable, but this usually lasts only a short time.
- A nurse will monitor my child until the medicine has worn off.
- My child may go back to regular activities at home.

I will be able to help my child during the procedure.

- Pregnant women are not allowed in the room because of a rare, but possible risk to the unborn baby. If I am not pregnant, I am welcome to stay in the room while my child receives the nitrous oxide. My child will likely find my presence helpful.
- I will help reassure and tell my child what is being done and why. It is helpful to be as honest as I can for them to understand and be calm.
- The more relaxed we are, the easier the test will be.
- The staff are here to help all of us.

I will be able to tell the staff when I should call the doctor.

- If I have questions about the procedure or results.
- My child vomits more than two times
- My child is extremely irritable.
- If I have trouble waking my child.
- My child shows signs of an allergic reaction:
  - Fever or chills
  - Rash or hives
  - Wheezing

If my child has trouble breathing at home, I will **CALL 911**.

**Why is this important to me?**

I need to understand how nitrous oxide works, so I can help my child before, during, and after the procedure.

As part of my child's care, I have received this education plan, nitrous oxide.

## Nitrous Oxide Education Plan

### Resources for Staff

- [Nitrous Oxide](#)- LexiComp
- [Nitrous Oxide-Children](#)- LexiComp

### Teaching Tools

### References

- Farrell, M. K., Drake, G. J., Rucker, D., Finkelstein, M., & Zier, J. L. (2008). Creation of a registered nurse-administered nitrous oxide sedation program for radiology and beyond. *Pediatric Nursing, 34*, 29-36.
- [Nitrous Oxide](#)- LexiComp
- [Nitrous Oxide-Children](#)- LexiComp

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**Always close each teaching session with the question,  
“What questions do you have for me?”**

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