

BLANK CHILDREN'S HOSPITAL

NITROUS OXIDE SEDATION

- Your child is scheduled for a procedure with sedation. Sedation is a term that generalizes a type of medicine that induces sleep, decreased awareness, or drowsiness. There are many types of sedation available. Your treatment team will decide which form of sedation is best for your child and the planned procedure.
- Nitrous oxide (laughing gas) is a clear, colorless gas administered by face mask.
- It is used for anxiety/sedation for procedures and can only be administered by trained personnel.
- Nitrous oxide may be given in combination with other medications administered by various routes for your child's procedure.
- Having a good mask seal is very important. Practicing with the mask ahead of time with your child will aid in the success.
- Some patients cannot receive nitrous oxide. The sedation team reviews the child's chart and screens for these prior to scheduling a child for nitrous oxide sedation.
- If your child is a girl who is 12 years old or greater or has started her period (if younger than 12), she will need a negative pregnancy test to receive nitrous oxide. If you are pregnant in your first trimester, you may be in the room for your child's nitrous oxide sedation, but you must be >6 feet from the nitrous oxide (machine/mask/circuit).
- When receiving nitrous oxide for a procedure, we ask that your child follow the following guidelines for eating/drinking.



Solid Foods, including liquids you cannot see through

6 hours prior to sedation

Breastmilk

4 hours prior to sedation

Clear liquids (water, clear juice (NOT orange juice), jello, popsicles)

2 hours prior to sedation

ON THE DAY OF YOUR CHILD'S SEDATION:

- On arrival, your child will have the opportunity to choose the scent for their mask, decorate their mask (if they choose), and work with a Child Life Specialist to become more familiar with the mask.
- The sedation nurses/physician will obtain vital signs (temperature, heart rate, respiratory (breathing) rate, blood pressure, oxygen saturation), do a brief physical examination, and discuss the sedation with you



Blank Children's Hospital
UnityPoint Health

- Initially, your child will start with breathing oxygen through the mask, then the physician will gradually increase the concentration of nitrous oxide. With this sedation, your child will still be able to interact and answer questions but may be a little sleepy or goofy. Some children are a little “fuzzy” about their experience when nitrous oxide is administered in higher concentrations or with additional medications. Deep breathing is important, so Child Life and the sedation physician will assist your child in taking deep breaths using age-appropriate distraction methods. A great game for younger children (ages 3-7) is a balloon game called Pedipop!
- After the procedure is completed, your child will breathe oxygen for approximately 5 minutes and then will be able to have a snack and go home.
- The nitrous oxide exits the system very quickly, so there will not be any prolonged sedation because of this medication. If your child received other medications with nitrous oxide, they may be sleepier for a couple of hours following their procedure.
- Side effects that are seen with nitrous oxide include nausea/vomiting or headache. These are uncommon when used for short procedures.



WAYS TO PREPARE YOUR CHILD BEFORE YOUR VISIT:

- Obtain a mask ahead of time and engage in play with it. Help your child put it on their face, hold it with a tight seal, help them to be comfortable with the mask.
- Talk to your child about taking deep breaths.
- Model mask placement on a doll or stuffed animal first to role rehearse in a playful, non-threatening way.
- Use the mask to blow bubbles! Dip the circle part of the mask (which would connect to the machine tubing) into bubble liquid. Place the anesthesia mask on your child's face and encourage them to breathe out to create a bubble from the mask!
- Give your child choices for distraction while the mask is on their face. Would they like to watch their favorite TV show, listen to music, or play the balloon game?
- Bring a comfort item from home. This could be a blanket, stuffed animal, favorite fidget item, or another item that calms or comforts your child when they are nervous.



Blank Children's Hospital
UnityPoint Health