

**Appendix A:**



EXCEPTIONAL CARE. WITHOUT EXCEPTION.

The primary teaching affiliate of the Boston University School of Medicine.

**Boston Medical Center**

**Consent for use of Nitrous Oxide as Labor Analgesia**

I am choosing to use Nitrous Oxide and Oxygen for pain relief during labor, birth, and after the baby is born. The use and effects of nitrous oxide have been explained to me. I understand that nitrous oxide can help reduce the pain of labor or make me less concerned about the labor pain I feel. I understand that it may not relieve all of the pain and sensations of labor and birth. I understand that I must hold the mask to my face and inhale normally for the nitrous oxide to relieve pain. I understand that no one else can help me hold the mask to my face.

I understand that nitrous oxide may make me feel dizzy, nauseous, light-headed, and unsteady. I can stop using nitrous oxide at any time. I can choose another form of pain relief if I decide not to continue using nitrous oxide.

I understand that no one else is allowed to use the nitrous oxide but me. If a support person is seen using the mask they will be asked to leave and the nitrous oxide will be removed from the room and I will no longer be able to use it for pain relief.

I understand and agree with these instructions and choose to use nitrous oxide for labor pain relief at this time.

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Provider Printed Name

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Patient Printed Name

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Provider Signature

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Patient Signature

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Date & Time Signed

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Date & Time Signed

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## Appendix B:

### Nitrous Oxide Patient Education

1. While using Nitrous Oxide you may feel less pain, relaxed, less anxious, or euphoric.
2. Some possible side effects may include: nausea, vomiting, dizziness, drowsiness and fatigue.
3. You will need assistance when ambulating once the Nitrous Oxide has started.
4. You can change position while using Nitrous Oxide and with assistance use the shower.
5. You will need to hold the mask over your nose and mouth creating a seal to activate the flow of Nitrous Oxide at 50% and 50% Oxygen concentration.
6. For the greatest benefits you should place the mask to your face and breath normally, starting approximately 30 seconds prior to the start of the contraction as it takes between 30-60 seconds to reach peak effectiveness.
7. You need to exhale Nitrous Oxide into the face mask.
8. You will have **NO** assistance in holding the mask to your face. The mask may not be affixed to your face at any time. Nitrous Oxide is not to be used continuously. The mask will fall away from your face when it has reached peak dosage.
9. You can use Nitrous Oxide with contractions and while you are pushing.
10. You can stop using Nitrous Oxide at any time.