

## **Nitrous Oxide for Sedation**

Your child needs a procedure where a urinary catheter must be placed. Since most children are unable to be still for this while awake, a medicine called “sedation” is often given to help them be still and calm while the catheter is placed and the test done. Nitrous is a type of sedation that helps children be still, calm, and awake.



### **What is Nitrous?**

Nitrous oxide or Nitrous is a medicine breathed in and used with minor tests. Nitrous is also called “laughing gas” and is commonly used at the dentist's office. Nitrous helps your child relax and worry less about the procedure. We often say it is “I don't care air”.

### **How is it given?**

Nitrous is given through a mask a nurse will gently hold on your child's face. Your child will breathe normally to receive the medicine. The air in the mask may smell like bubble gum or strawberry, your child can choose. Sometimes, younger children do not like the mask until the nitrous helps them relax, this is normal.

### **How does it work?**

Nitrous will make your child feel relaxed and sleepy, but most kids stay awake. Nitrous is given a few minutes before the procedure starts and continues until the test is finished.

### **What can my child expect?**

Your child's nurse will hold the mask to their face and monitor them while the Nitrous is given. You are welcome to be next to your child throughout the procedure to offer comfort and support. If you are pregnant you will be asked to step out while the nitrous is given.

Nitrous is safe in children and there are no long-term effects. For a short time some children may have a headache, nausea or upset stomach, but these side-effects get better when the Nitrous is turned off and oxygen is given for 3-5 minutes after the procedures.

All effects of the Nitrous will be worn off before your child is sent home. Your child will be offered a snack after the oxygen is given, unless they have another test. Once home, your child may go back to regular activities.

### **How do I prepare my child?**

Comfort your child and explain in simple words what is being done and why. Child Life Specialists are available to help you and your child understand what to expect and provide distraction during the procedure. Your best support will be to remain calm and relaxed, as this will help your child feel calm and relaxed.

### **Questions?**

This information is not specific to your child but provides general information. If you have any questions, please call your clinic.