What is nitrous oxide?

Nitrous oxide is a mixture of nitrous oxide, N2O, and oxygen, sometimes called laughing gas and can be used for pain management during labor. It's also an inhalant, so it's something you inhale through a mask. It helps manage pain throughout the whole body without causing a total loss of feeling or any loss of muscle movement.

Benefits include:

- Nitrous Oxide can provide pain management for people who do not have access to an epidural or who do not want an epidural
- Nitrous Oxide begins working in about a minute, which is less time than an epidural
- Studies show nitrous oxide provides similar relief when compared to an injectable opioid, but it does not carry the side effects for newborns
- Nitrous oxide can be used during all stages of labor, and even after birth
- Majority of people who use nitrous oxide say they would use it again

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