

# Nitronox<sup>™</sup>

Inhalation  
Analgesia System

## Patients FAQ

### What is Nitronox?

Nitronox is a delivery system that provides a gas mixture of 50% medical nitrous oxide and 50% medical oxygen and is used to help ease discomfort during some medical and aesthetic procedures. It is classified as an analgesic (meant for pain relief) not an anesthetic (meant to put you to sleep). The gas mixture is self-administered by the patient through a mask or mouthpiece in which they inhale as they need.

### Is Nitronox safe?

Nitrous oxide and oxygen have been used in medical applications for over a century and have a long-standing clinical usage history.<sup>1</sup>

### Are there risks?

Nitrous oxide is a “drug” with contraindications for use that your provider will review with you. Additional risks could include combining N<sub>2</sub>O / O<sub>2</sub> with other drugs and medications. It is important to discuss using the Nitronox system with your provider before you start treatment.

### Does nitrous oxide and oxygen eliminate pain?

No. Nitrous oxide and oxygen do not eliminate pain. It is intended to take the edge off, help the patient relax and manage discomfort.

### How does it work?

The Nitronox system runs on demand-flow technology, meaning that it only delivers the gas mixture through a mask or mouthpiece when you inhale. After several deep breaths, you will start to feel more relaxed—this is because the gas triggers the release of the body’s natural endorphins and dopamine. Inhalations can be administered on an as-needed basis throughout your treatment. Once you stop inhaling, the feeling will wear off within 5-10 minutes<sup>1</sup>.

1. Nitrous Oxide for the Management of Labor Analgesia. AANA Journal, February 2018, Vol. 86, No. 1

## What does it feel like?

Most will say it makes them feel relaxed, arms and legs feel light, tingling in extremities (hands/feet), floating feeling, sinking into a chair feeling, etc.

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## Will this put me to sleep?

No, the device always administers 50% nitrous oxide AND 50% oxygen, ensuring that you are getting a fixed amount of nitrous oxide. This ratio is not strong enough to provide anesthesia or to put you to sleep.

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## How fast does nitrous oxide take effect and last?

Most patients will feel the effects of nitrous oxide within a minute or two. As with any medication, the effects may vary from patient to patient. For some, it will work great and for others, it may either not be enough or they will not like how it is making them feel. Once you stop inhaling the gas mixture it will be completely out of your system within 5-10 minutes<sup>1</sup>. You will start feeling back to normal almost immediately.

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## What are the typical side effects?

Side effects are usually minimal. Dizziness, nausea—if left unmanaged, may result in vomiting. If you do not like how you feel during your self-administered application, you can stop and breathe room air, which should quickly reverse any negative effects.

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## Can I drive after using nitrous oxide and oxygen?

This is dependent on the procedure performed, other medications administered etc. The effects of nitrous oxide are completely out of your system within a few minutes. It is reasonable (assuming all other discharge criteria is met) that a patient can go home shortly after ceasing use of nitrous oxide and oxygen.

1. Nitrous Oxide for the Management of Labor Analgesia. AANA Journal, February 2018, Vol. 86, No. 1

