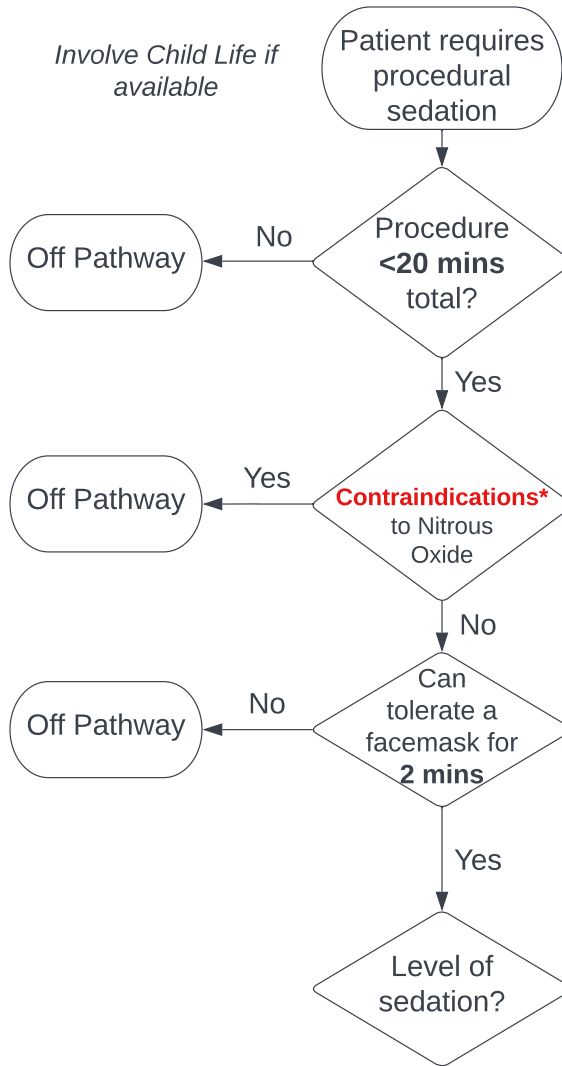


Involve Child Life if available



***Contraindications for Nitrous Oxide**

- Pregnancy
- Allergy to nitrous
- Pneumothorax
- Small bowel obstruction
- Craniotomy in past 3 weeks
- Intraocular surgery
- Penetrating injury to globe of eye
- Pulmonary bullae
- Air embolism
- Decompression sickness
- Recent myringoplasty
- Increased ICP
- Recent max/face surgery
- Vitamin B12 deficiency
- Hx of motion/car sickness

Good Examples for Nitrous Oxide Use:

- IV insertion
- Urethral catheter insertion
- I&D
- Examination unable to be tolerated due to anxiety/pain
- Cast change
- Joint injections < 15 min
- Suture removals
- Simple laceration repair

Benefits of Nitrous Oxide

- Non-invasive
- Rapid onset (3 mins)/offset (1-5 mins)

Side Effects of Nitrous Oxide

- Nausea/vomiting

Minimal Sedation

- Responds normally to verbal commands
- Cognitive function and coordination impaired

Moderate Sedation

- Responds to verbal or light tactile stimuli
- No intervention to maintain airway
- Adequate spontaneous ventilation

Minimal sedation

Moderate Sedation

obtain consent for moderate sedation

- NPO
 - 2 hrs for clears
 - 4 hrs breast milk, formula, solids

- NPO
 - 2 hrs for clears
 - 4 hrs breast milk
 - 6 hrs formula + solids
 - 8 hr heavy/fatty meals

Nitrous < 50%

Nitrous > 50% +/- Versed (PO/IN)

- PO Versed: 0.5 mg/kg (Max 20 mg; 20 min onset)
- IN Versed: 0.5 mg/kg (Max 10 mg; 5-7 min onset)