

# Preparation for Nitrous Oxide



Today I need to have a gas called Nitrous Oxide while I have a procedure done. The doctors and nurses think it will help me to feel more relaxed and not as bothered by the procedure.

Julie is a Play Therapist and she showed me what it would be like to have nitrous oxide.



Usually when people have nitrous oxide, they have a mask which covers their mouth and nose. The mask is clear and has a squishy bottom, so it will be comfortable on my face.



The masks are all different sizes, so there will be one just the right size for me.



Julie showed me on a doll what it would be like. Then I tried it on my own face. It did feel nice and comfortable.



Some people think the gas smells a bit funny and so there are nice – smelling scents that can be put inside the mask.

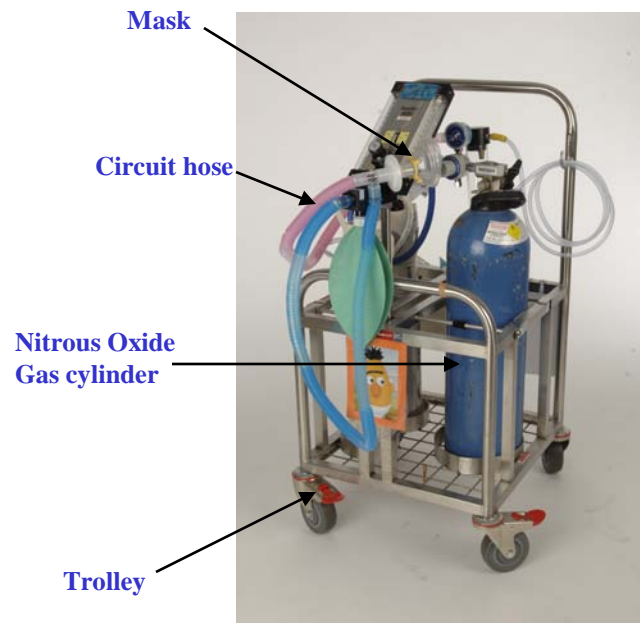


When I choose the smell I like the best, it is wiped inside the mask with a swab. Now when I try the mask on, it has a delicious smell.





The mask also needs to be connected to a pink and a blue hose. This is how the gas gets from the cylinder into the mask, and is called the circuit. Now I need to take deep breaths so the gas can do its job of making me feel much more relaxed.



This gas might make my body feel a bit different from normal. Some people feel like laughing and that's why it is sometimes called "happy gas". Others feel a bit woozy and others may feel a bit sick. I will still be able to sit up and talk to people while I have this gas, and so I can tell the nurse how I am feeling.



I might go into the treatment room to have the gas and my procedure. Julie and I went in to practice and have a look around.



The treatment room has heaps of things stored in it. Julie told me what would be used when I have my procedure, and actually there's lots of things in there that won't be used for me at all.



When I have the nitrous I will have a probe on my finger, that connects to a machine. This lets the nurse know how my body is feeling when I am having the gas.



I am glad we have had a chance to practice and find out what is going to happen later on. I feel much more relaxed already. I just need to remember my job is to take big breaths of the nitrous and maybe look at an I Spy book with Mum and Julie, and concentrate on that while the procedure is done.



