



# I need to have nitrous gas sedation

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1



My doctor/nurse has told me I need sedation for a test or procedure.

2



Nitrous gas is sometimes called “laughing gas”. It can help if I am worried and with making me feel more comfortable during the procedure.

3



It can feel a little strange at the start, but once I get used to it, it can feel good! Some kids get the giggles! I can be in a comfortable position with my caregiver.

4



I need to breathe in the gas to make it work. Sometimes, I can use the straw – I need to keep this in my mouth the whole time, and breathe in and out through my mouth. It's just like sucking all the thick shake out of a cup, and blowing bubbles back in!

5



Or, sometimes I may need to use the mask; my caregiver or a nurse will help hold this, and I can breathe through my mouth or nose. I may feel a bit sleepy or a bit giggly.

6



Once everything is finished, I'll breathe some oxygen through the mask for a minute or two. Then I will feel back to normal very soon!