



Saint Anthony Hospital Maternity Center Now Offers Alternative Pain Method for Laboring Moms

Nitrous Oxide Now Option for Women during Childbirth

CHICAGO, July 9, 2018 – Nitrous oxide, or laughing gas, as it is more commonly known, is now available as a new pain management option for women at the Saint Anthony Hospital Maternity Center. Unlike other forms of pain management today, nitrous oxide is not a narcotic. Many women are worried about the effects of taking strong pain medication and want the least amount of side effects as possible.

Now, at Saint Anthony, women in labor have this new, alternative pain option. A combination of nitrous oxide and oxygen is administered to the patient through a mask. Within seconds, the process quickly takes effect, and the patient feels more relaxed and has a decreased perception of labor pain. For women who are in early labor or who are too far along for an epidural, nitrous oxide can be a good substitute. Patients should consult with their health care provider about the right treatment options.

"At Saint Anthony Hospital, we want to provide patients with as many safe options as possible to have the birth experience that they want," said Michele Bucciero, MD, Director of Perinatal Services at Saint Anthony Hospital. "With nitrous oxide, it clears out of a patient's system faster, doesn't have a long-term effect on baby or mom and does not have the after effects of traditional painkillers. Nitrous oxide is not for everyone, but our moms who have already used it have been extremely satisfied with their experience, and we want to give them everything they need during the childbirth process."

When recent patient Ashley Moreno came to Saint Anthony to deliver, she knew that she wanted to have a natural birth. Upon arrival, the hospital's nursing staff discussed her pain management options including the new nitrous oxide program. Moreno decided to use nitrous oxide as part of her more natural childbirth plan.

"I wanted to have a natural delivery, and with the nitrous oxide, I felt like I was still able to achieve my goal," said Moreno, first-time mom. "During labor, I was happy, relaxed and focused on delivering my baby, and even, laughed a little. The gas carried me until the end, and my recovery has been going well."

Prior to being used in the U.S., nitrous oxide has been used as a major method of labor analgesia in countries with high standards for safe and effective care such as Australia, Canada, Finland, Sweden and the United Kingdom. Additional research put out by Vanderbilt University and the University of California at San Francisco has its use gaining popularity in the U.S. Currently, only a few other Chicago hospitals have this program in place for women wanting a more natural-like childbirth.

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