

## **INFORMED CONSENT TO ADMINISTER NITROUS OXIDE**

You have the right, as a patient, to be informed about your condition and the recommended surgical, medical, or diagnostic procedure to be used so that you may make the decision whether to undergo the procedure after knowing the risks and hazards involved. This disclosure is not meant to worry or alarm you; it is simply an effort to make you better informed, so you may give or withhold your consent to the procedure.

### **Introduction**

Nitrous oxide (also known as “laughing gas”) is a colorless, odorless gas that is used during procedures for relaxation and anxiety relief. It is opioid-free and non-addictive.

When inhaled, it can induce feelings of euphoria and sedation. It also can produce sensations of drowsiness, warmth and tingling in the hands, feet and mouth. It will not induce unconsciousness in the office setting. You will be able to swallow, talk and cough as needed. Sedation with nitrous oxide has limitations and risks, and absolute success cannot be guaranteed. You will be able to rationally respond to questions and directions.

### **Contraindications**

Please let us know if you have any of the following medical conditions, because we may not be able to safely use nitrous oxide:

- Pregnancy – is there any possibility that you may be pregnant
- Severe vitamin B-12 deficiency
- Emphysematous blebs
- Pneumothorax
- Inner ear or eye surgery within the past two weeks
- Bleomycin chemotherapy in the past year
- Continuous oxygen for emphysema
- Please tell us if you have eaten in the past two hours
- Please tell us if you have used any recreational drugs in the past week

### **After the Procedure**

Recovery from nitrous oxide sedation is rapid. The gas will be flushed from your system with oxygen. If you feel dizzy after the sedation, remain seated and the sensation should pass in a few minutes. Do not leave the office until your head feels clear, and you are able to function (i.e., walk and drive) safely.

### **Risks of Nitrous Oxide**

You may feel nauseated, dizzy, drowsy or claustrophobic during and after sedation. Sweating may occur during the procedure, and you may become somewhat flushed during administration of nitrous oxide. Some patients will talk excessively. Although not common, you may experience shivering at the end of the sedative procedure when the nitrous oxide has been terminated. You may not feel capable of driving after nitrous oxide. If this occurs, we will keep you until you feel better or have you call a friend or cab to ensure your safety.

### **Important Notices and Agreements**

Nitrous Oxide is not a first-line or stand-alone treatment for mood disorders and is intended to be one component of a multimodal treatment regimen.

While receiving treatment, you agree to remain under the care of a qualified primary care or mental health provider and have your overall health care directed by him or her. It is strongly recommended that you engage in therapy sessions with a qualified professional while receiving treatment. NW Ketamine Infusion and its employees will not advise or direct your medical care beyond the safe administration of nitrous oxide.

Psychiatric illnesses carry the risk of suicidal ideation (thoughts of ending one's life) or thoughts of harming others. If you experience thoughts of harming yourself or others call 911 immediately.

**Patient Consent for Nitrous Oxide Treatment**

My request for nitrous oxide treatments as described is entirely voluntary. I have read this consent form in its entirety and understand the information provided. The alternatives, risks, benefits, and side effects have been discussed and all of my questions have been answered. I understand that I may refuse treatment at any time and the treatments may be discontinued at the discretion of NW Ketamine Infusion or my referring provider.

**Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Patient Printed Name:** \_\_\_\_\_

**Anesthesia Provider Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_