

# NITRONOX™

## 50% Nitrous Oxide - 50% Oxygen Medicinal Gas Mixture

CONSUMER MEDICINE INFORMATION  
(CMI)

NITRONOX™  
Medicinal gas mixture for inhalation



Please read this consumer information carefully for proper, safe and effective use of your equipment and therapy.

### What is in this leaflet?

This leaflet answers some of the common questions about NITRONOX™. It does not contain all the available information. It does not take the place of talking to your doctor or your physician.

Read this leaflet carefully before you start taking this medicine.

Keep this leaflet. You may need to read it again.

If you have any further questions, ask your doctor or pharmacist.

This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.

If any side effect becomes serious, or if you notice any side effects not listed in this leaflet, please see your doctor.

### What is NITRONOX™ and what is it used for?

NITRONOX™ is a nominal gas mixture of 50% medical nitrous oxide and 50% medical oxygen used for pain relief during moderately painful procedures and surgery and as an adjunct in anaesthesia.

It is usually given by a doctor, anaesthetist, dentist, ambulance officer or nurse via a mask or mouthpiece in which you breathe in the gas.

NITRONOX™ works by relieving pain for certain procedures. Ask your doctor if you have any questions about why NITRONOX™ has been prescribed for you.

### NITRONOX™ CYLINDERS ARE EXCLUSIVELY RESERVED FOR THERAPEUTIC USE

#### Before you use NITRONOX™

##### - When you must not use NITRONOX™

Do not use NITRONOX™ if:

1. You have an allergy to NITRONOX™ or medical nitrous oxide or have had allergic reaction in the past.
2. You have emphysema, chronic bronchitis or if it is for a premature infant
3. You have a condition where air is entrapped within your body and it might expand when given medical nitrous oxide (e.g. bowel obstruction, blocked middle ear, following a recent dive). Ask your doctor for full detail of these conditions.
4. You have been using it for more than 24 hours without proper monitoring of your blood.
5. You are smoking or there are naked flames nearby; never smoke or light a flame whilst using NITRONOX™.

##### - Before you start to use it

It's important to discuss using NITRONOX™ with your doctor or physician before you start treatment. Everyone needs to understand what the treatment is supposed to do, how long it is likely to go on and what will happen if it doesn't seem to be helping.



You must tell your doctor if:

1. You are allergic to any other medicines, foods, dyes or preservatives
2. You have had a reaction to NITRONOX™ or any other general anaesthetic or pain relief medication in the past.
3. You have had a general anaesthetic.
4. You have or have had any other health problems or medical conditions, including:
  - A condition known as malignant hyperthermia or a family history of it
  - Low blood pressure
  - Low vitamin B12 levels
  - Problems with addiction to medicines
  - Bone marrow problems including various cells in the blood
  - Neurological diseases
  - Conditions in which air is entrapped within the body
5. You are pregnant or intend to become pregnant. (your doctor will discuss the risks and benefits of using NITRONOX™ when pregnant)
6. You are breastfeeding or wish to breast feed. (your doctor will discuss the risks and benefits of using NITRONOX™ when breast feeding)
7. Care should be taken when using NITRONOX™ as it is stored under high pressure in gas cylinders. There are also safe working exposure levels and important storage instructions. Please discuss these with your doctor if you have any questions.
8. You have had long term usage or been chronically exposed to medical nitrous oxide.

#### - Taking other medicines

Tell your doctor or physician if you are taking any other medicines, including medicines you buy without a prescription from a pharmacy, supermarket or health food shop.

Some commonly used medicines may interfere with NITRONOX™, including;

- Pain relievers
- Anaesthetics
- Methotrexate
- Medicines which may affect your nervous system.

These medicines may be affected by NITRONOX™ or may affect how well it works. You may need to take different amounts of your medicine or you may need to take different medicines.

Your doctor may have more information on medicines to avoid while using NITRONOX™. If you have not told your doctor or physician about any of the above, tell them before you start using NITRONOX™.

#### **Using NITRONOX™**

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NITRONOX™ should only be used under the supervision of your doctor or healthcare professional.

The amount of NITRONOX™ given to you will be decided by your doctor, depending on the amount of pain relief required. It is usually given to you by breathing it through a mask or a mouthpiece.

Your doctor will also decide for how long you need to use NITRONOX™.

If you are elderly or have lung problems, you may need a lesser amount of NITRONOX™.

Follow all directions given to you by your doctor carefully. These directions may differ from the information contained in this leaflet. If you do not understand the instructions, ask your doctor for help.

**DO NOT SMOKE  
DO NOT PLACE NEAR A FLAME  
DO NOT USE OIL OR GREASE ON NITRONOX™ EQUIPMENT**

#### **How to take it**

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The amount of NITRONOX™ given to you will be decided by your doctor or physician depending on your condition. Use it as prescribed or instructed by your doctor. You should check with your doctor or pharmacist if you are not sure.

**Do not take this medicine after the expiry date or if the tamper-evident seal is torn or missing.**

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**Do not use medical air if you notice any significant or unusual damage to the cylinder or its valve.**

## After you have used NITRONOX™

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Ask your doctor when it is safe for you to drive, operate machinery or perform activities, following the use of NITRONOX™.

## Side effects

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Tell your doctor as soon as possible if you do not feel well while you are using NITRONOX™.

As any medicine, NITRONOX™ may have unwanted effects in some people. Tell your doctor if you notice any of the following:

- Nausea, vomiting
- Headaches, dizziness

These side-effects are usually mild.

Tell your doctor immediately if you notice any of the following:

- Confusion, excitation, depression
- Breathing problems
- Heart problems
- Pins and needles, changes in sensation
- Bleeding fits
- Abdominal pain, bloating
- Addiction

These are serious side-effects. You may need urgent medical attention. Serious side effects are rare. Other side effects may occur as a result of other medications received so check with your doctor if you have any concerns. If any of the above happens, tell your doctor immediately or go to casualty at your nearest hospital.

Other side effects not listed above may also occur in some patients. Tell your doctor if you notice anything else that is making you feel unwell.

## Storage

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NITRONOX™ must be stored in cylinders by your doctor, dentist, ambulance or hospital under specific instructions. NITRONOX™ cylinders that have been exposed to temperatures below 0°C must be stored HORIZONTALLY at temperatures between 0°C and 55°C for at least 24 hours before use.

## Disposal

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All AIR LIQUIDE New Zealand cylinders are the property of AIR LIQUIDE New Zealand as detailed on the product label attached to the cylinder, and are to be returned to them when no longer required.

## Product description

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NITRONOX™ is a clear, colourless, slightly sweet smelling gas.

It is supplied in a variety of cylinder sizes that follow the colour scheme defined by the Australian Standard AS4484.

## Ingredients

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Medical Nitrous Oxide	50% v/v
Medical Oxygen	50% v/v

## Supplier

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AIR LIQUIDE New Zealand Ltd  
19 Maurice Road  
Penrose, Auckland  
Contact: (09) 622-3880

This leaflet was last updated in September 2011