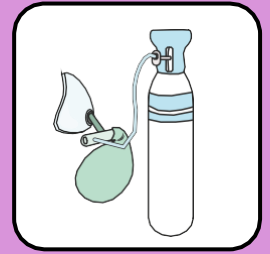


MEOPA GAS



To help make my treatment easier



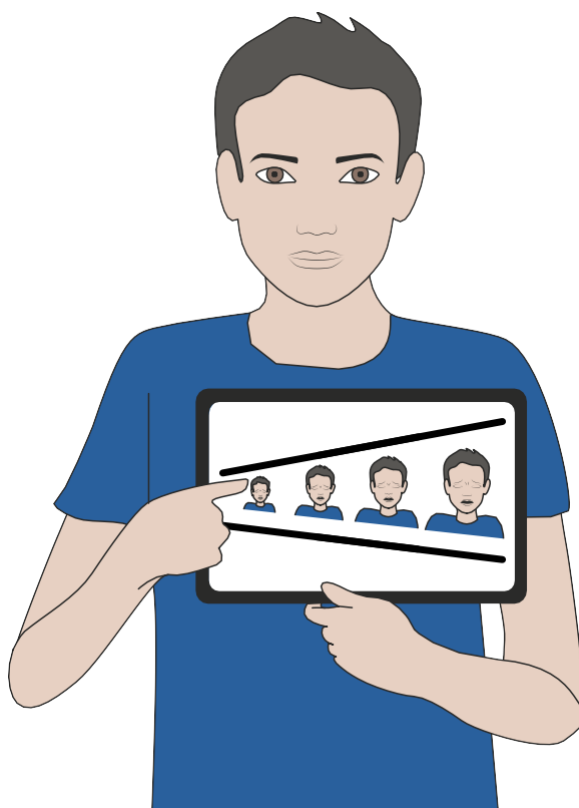
What does MEOPA gas do?

MEOPA gas is an equal mixture of two gases – Nitrogen and Oxygen.

It helps me feel more relaxed during treatment...



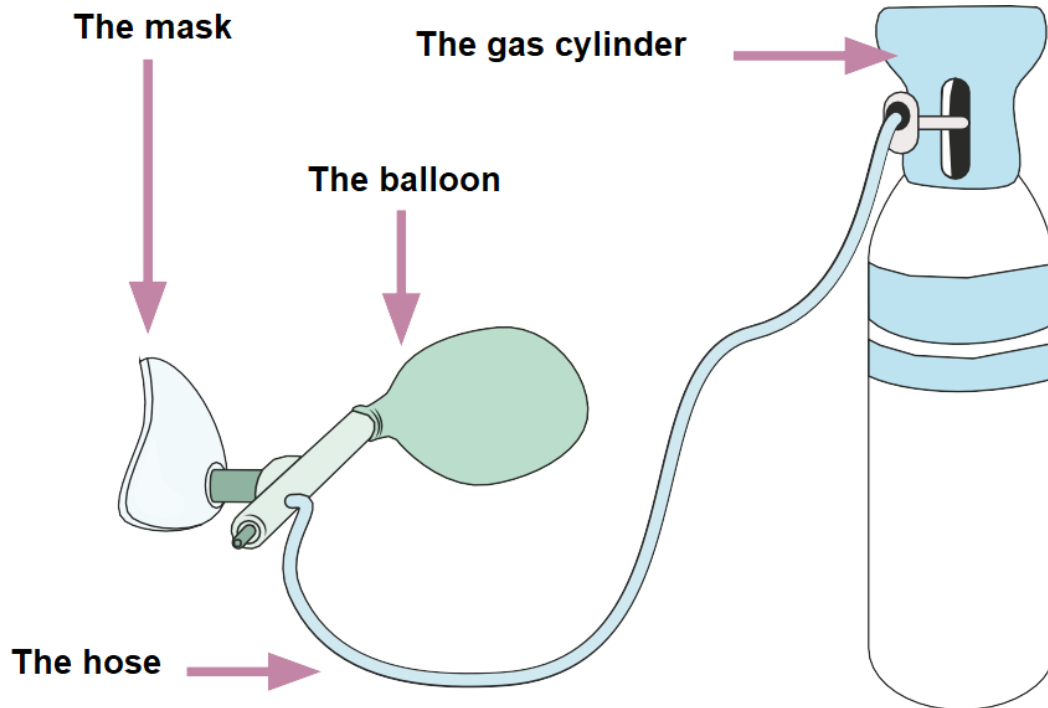
...and to feel less pain.



What is MEOPA gas?

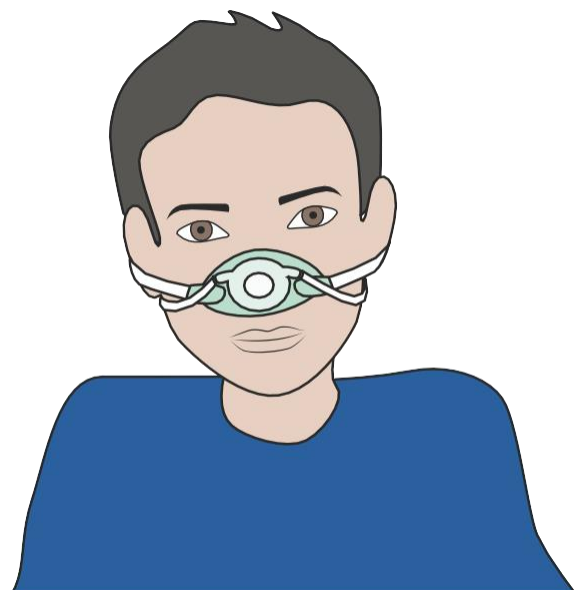
It's a gas that I breathe in.

- I breathe it in through a mask.



There are different sorts of mask.

- Some cover my nose and mouth.
- Some only cover my nose.



What happens?

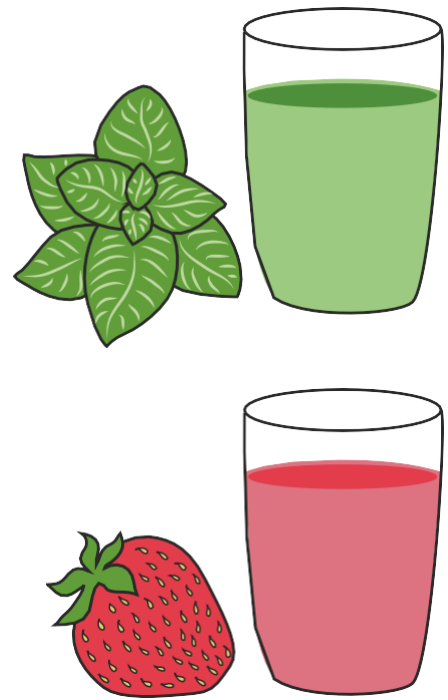
The nurse gives me a mask.



I can ask someone to hold it for me.



Sometimes, I can choose a flavour.



I breathe normally through the mask.

- **I keep breathing the gas all through the treatment.**



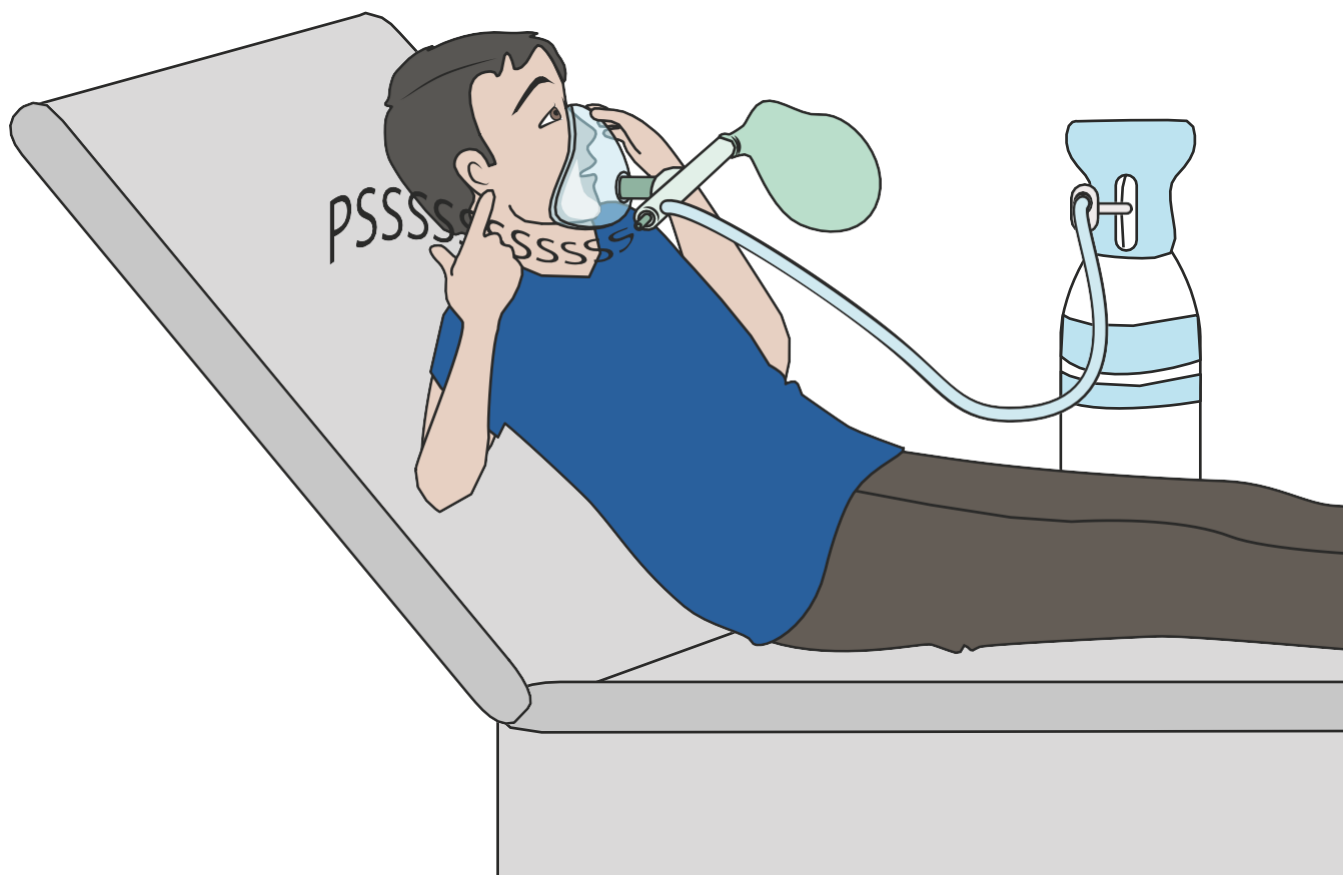
● The balloon inflates...



● ...and deflates.



I can hear the gas - it makes a hissing sound!



I can see the people around me and I hear them talking.

- They might sound quite loud.



I can talk.



With MEOPA gas I might have some unusual feelings:

- Pins and needles.



- I might want to laugh!



- My ears might hurt.



- I might feel sick.



- It might feel like I'm dreaming.



When the treatment is over

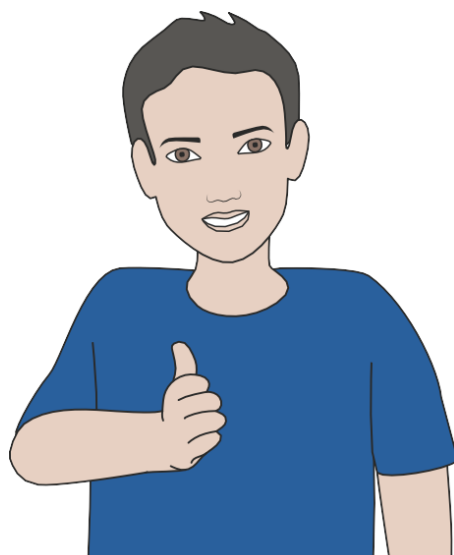
I take off the mask.



After MEOPA gas I might fall asleep.



Then everything goes back to normal.



SantéBD is free:

- By downloading the application



- On the internet www.santebd.org

- On the SantéBD  YouTube channel



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They work together to build these tools to make sure they are accessible to all.

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