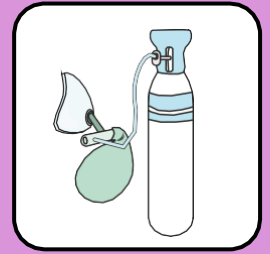


# MEOPA GAS



To help make my treatment easier



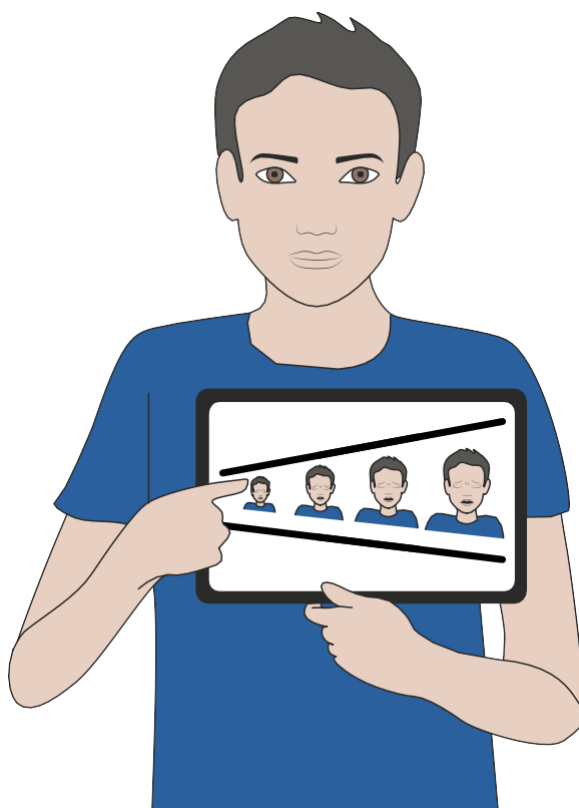
# What does MEOPA gas do?

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

**It helps me feel more relaxed during treatment...**



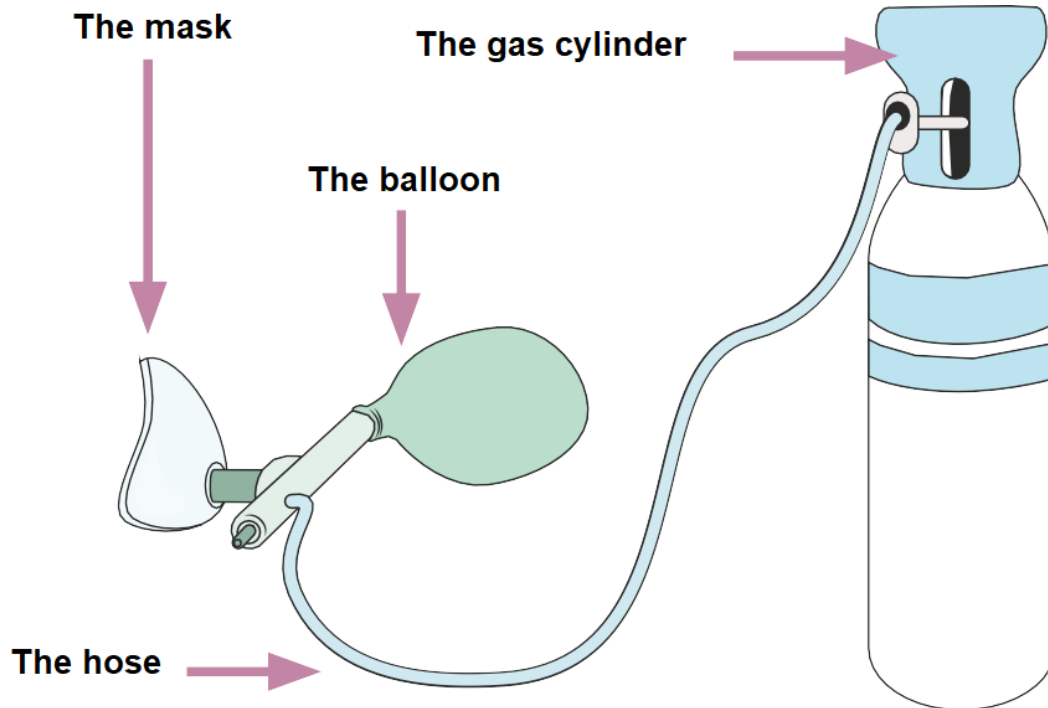
**...and to feel less pain.**



# What is MEOPA gas?

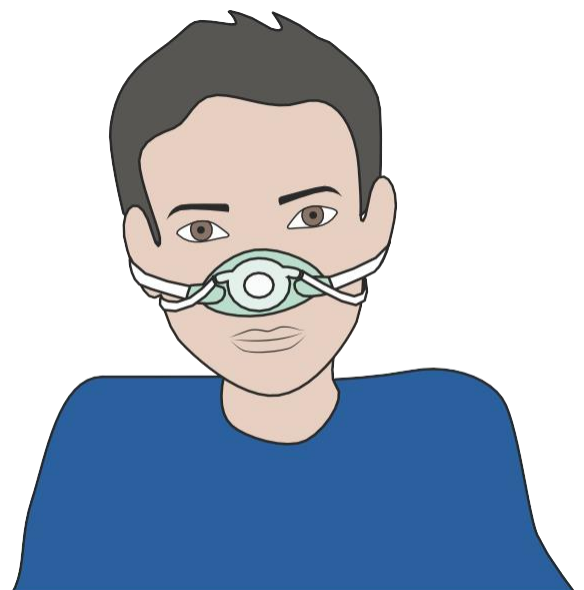
It's a gas that I breathe in.

- 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?

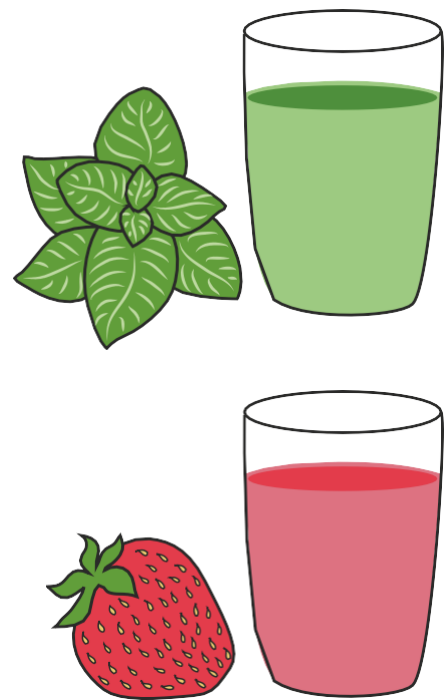
The nurse gives me a mask.



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.**



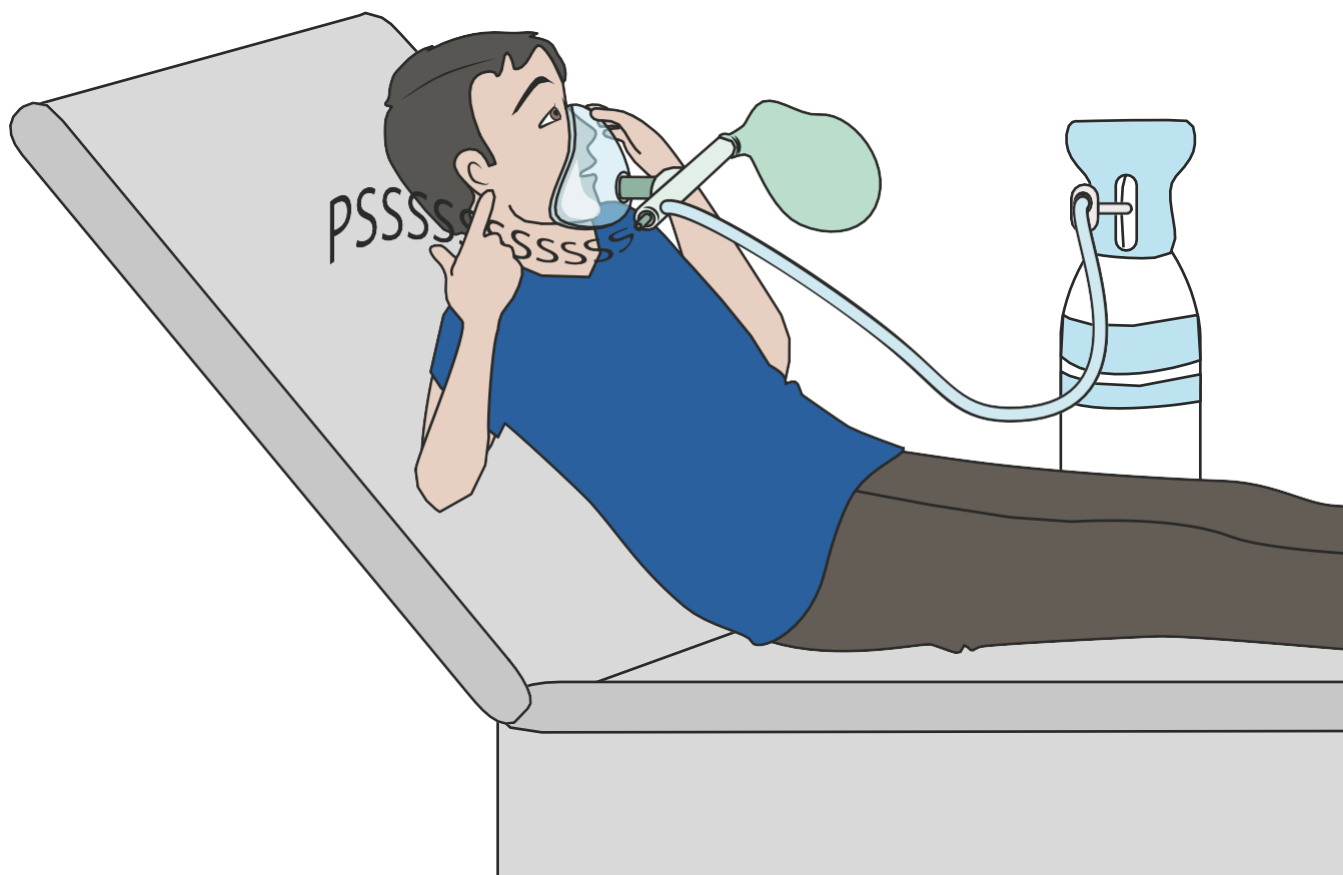
● The balloon inflates...



● ...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](http://www.santebd.org)

- On the SantéBD  YouTube channel



## SantéBD is designed for everybody.

SantéBD's communications tools are developed by the CoActis Santé foundation which brings together a wide range of actors from the worlds of charities, hospitals and healthcare.

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

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