

**28.16      Appendix 6 - Guidelines for women using Equanox® and Oxygen during  
a home birth**

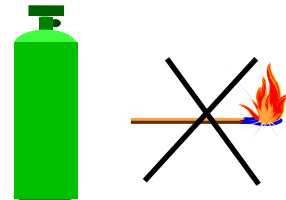
**GUIDELINES FOR WOMEN USING  
EQUANOX® AND OXYGEN DURING A  
HOME BIRTH**

**Please read this information carefully. Ask your midwife if there is anything you  
do not understand.**

One cylinder each of Equanox® and oxygen will be delivered to your home between the 36 and 37<sup>th</sup> week of pregnancy. Your midwife will teach you how to use these. The Equanox® is to relieve pain during labour. The oxygen is for your baby's use in the rare event that extra oxygen is needed

**PLEASE REMEMBER**

Equanox® (50% oxygen and 50% nitrous oxide) and oxygen are fire hazards and must not be used in the presence of a naked flame. Lighters, matches, etc., must be removed from the area where Equanox® and oxygen are being used.



It is essential that no-one smokes in the same room while you are receiving Equanox® or oxygen.

Do not let children or untrained people tamper with the Equanox® or oxygen equipment. No oil, grease, acid or corrosive substances may be kept near these cylinders.

Your midwife will arrange for return of these cylinders when you no longer require them.