

## Options for Pain/Anxiety During Procedures at Meadow

The following list are options to increase comfort during invasive procedures at meadow. Some patients choose these options for procedures such as IUD placements and abortions, but are available for all exams as requested.

**\*All pain management options are available at no extra cost for procedural abortions - max cost for any combination of methods is \$80 out of pocket\***

### Nitrous Gas

**Cost: \$50, not always covered by insurance**

- No fully sedating/anesthetizing, mild relief also known as “laughing gas”
- Very little risk, easy to use, wears off in ~5min
- Self-controlled via handheld mask, and dose can be increased by staff as desired
- May be used in combination with other options

### Oral - Mild sedation

**Cost: \$30 if not covered by insurance**

- Relaxing + reduces anxiety. Mild sedating effects to support pain relief
- May be sent/taken prior to procedure.
- Requires driver (or chaperone for alternate transport) to and from appointment
  - Some extra vital signs may be done during your procedure to ensure safety
  - Effect may last the rest of the day

### IV- Moderate sedation

**Cost: \$70 if not covered by insurance**

- Combination of anxiety and pain medications. Requires IV catheter to be placed.
- Moderately sedating, also known as “conscious sedation”
  - May adjust dose to your preferred level
  - Affects memory of the procedure
- Requires driver (or chaperone for alternate transport) to and from appointment
  - Some extra vital signs may be done during your procedure to ensure safety
  - Wears off quicker than oral but still may feel groggy at home

### Local Anesthetic

**No additional Cost**

- Injections of numbing medication given in the cervix at the start of a procedure
- Always used in abortion procedures
- For IUD placement - efficacy is debated. Requires an additional injection, but does help some patients, and is available if desired.
- **Lidocaine gel is alternatively available**

### Other Comfort options

- Dim rooms & music available
- Heating pads available in each room
- More gentle tools used than in a traditional gynecologic office (such as multi-tooth tenaculum)