

Patient information

Pain relief using Entonox[®]

Introduction

Entonox is used for fast acting pain relief and reducing anxiety during a range of painful procedures.

This information leaflet explains about Entonox, how it works, which procedures it is suitable for and what to expect.

What is Entonox

Entonox is the trade name for the gaseous mixture of 50% oxygen and 50% nitrous oxide, also known as 'gas and air' which provides an effective and quick acting pain relief.

It is self-administered by either a face mask or mouthpiece.

How does Entonox work?

Although the exact way in which Entonox provides pain relief is not fully understood, it is known that it works within the pain centres of the brain and spinal cord to reduce pain sensation.

It is breathed out of the lungs so the effects of Entonox wear off very quickly.

When might Entonox be used?

Entonox is good pain relief for short procedures such as:

- Simple manipulation or reduction of fractures
- Stitching of wounds
- Wound dressings
- Bone marrow biopsies
- Endoscopy procedures – sigmoidoscopy, colonoscopy
- Interventional radiology procedures
- Normal labour

What are the benefits / risks to Entonox?

Benefits:

- You will be in control of your pain relief
- The pain relief effects are rapid
- There are no long-lasting side effects

Risks:

- There is minimal risk involved with the administration of Entonox
- The nurse will carefully assess you before you have Entonox and will not give it to you if there are any concerns

Please tell the nurse if you have experienced any of the following:

	Yes	No
Any recent head injury?		
Any recent ear infection / middle ear surgery?		
Any underwater diving in past 48hrs?		
Any lung conditions / pneumothorax?		

Any bowel obstruction?		
Any recent eye surgery?		
Any recent Entonox for a procedure?		
Pregnancy? (no absolute contra-indications for the first 16 weeks of pregnancy, BOC 2011)		
Breast feeding? (no known adverse effects to using Entonox during the breast feeding period, BOC 2011)		
Are you taking any of the following medications? <ul style="list-style-type: none"> • Methotrexate • Bleomycin • Amiodarone • Antibiotics • Diazepam, opiates or other central nervous depressants 		

If you have answered 'yes' to any of the questions your nurse will discuss this with you and the doctor.

How is Entonox given?

Entonox is designed to be self-administered. Your nurse will show you what to do. You will be asked to choose either a mouth piece or a face mask.

The mouth piece is held firmly between your teeth / lips and you will be asked to hold the face mask over your nose and mouth.

You will need to breathe deeply for one to two minutes before the procedure begins to ensure that the painkiller is in your body. Entonox will only flow when you breathe in, so the deeper you breathe the better your pain relief will be.

If Entonox is not effective pain relief, you may be offered extra pain relief.

What are the possible side effects from Entonox?

- Dizziness

- Euphoria
- Mild nausea
- Disorientation
- Tingling

Side effects are usually minimal and wear off quickly once you stop breathing the gas.

Can I drive after using Entonox?

If Entonox is the only pain relief that has been given, you must wait at least 30 minutes after use before driving or using any machines. The nurse will assess you to ensure you are competent.

If you have been given any additional pain relief for your procedure, your doctor or nurse will advise you accordingly.

Any questions?

If you have any questions regarding the use of Entonox please ask your nurse or doctor who will be happy to answer them.

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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