

Patient Information Leaflet for Entonox

WHAT IS ENTONOX?

Entonox (gas & air) has been used for many years as a pain relieving gas mixture. It consists of two gases; 50% nitrous oxide and 50% oxygen. It is self-administered and gives **you** control over the actual timing of the pain relief.

BENEFITS

- A strong short acting pain relief which is administered by yourself.
- Rapidly eliminated from the body therefore leads to a shorter recovery time. Usually 30 minutes after the procedure.
- No supervision required therefore you are able to go home alone.
- No side effects with other medications.

RISKS

- Entonox should not be used with any condition where air is trapped within the body i.e. collapsed lung, decompression sickness.
- Early pregnancy
- It is advised that the patient can drive home 30 minutes after ENTONOX administration provided that a health care professional has judged them competent to drive and the patient feels able to do so.

HOW DO I USE ENTONOX?

- A mouth piece is connected to a demand valve and this held in your hand.
- Place the mouth piece between your lips and breathe in and out deeply for one or two minutes before the procedure begins to ensure that an effective amount of Entonox is in your body.
- The pain relief stops shortly after you stop breathing in Entonox.

WHEN CAN I START USING THE ENTONOX?

- Just before the procedure starts

ARE THERE ANY SIDE EFFECTS?

- Light headedness
- Hyper-ventilation
- Can cause tingling sensation of the fingers
- Dry mouth

HOW SOON DOES ENTONOX WEAR OFF?

- As soon as you stop breathing it in, normally within 1 minute

Enquiries Contact:

References:

British Oxygen Company-BOC medical gases data sheet Entonox 50%, Oxygen 50% medical gas mixture, 2010 data sheet July 2009 version1. Greenbank Rd, East Tullos, Aberdeen.

The British Society of Gastroenterologists (BSG) guidelines on sedation, safety and monitoring.

www.bsg.org.uk/clinicalprac/guidelines/sedation.htm

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