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# Entonox

## Inpatient Pain Service



## Find out more ...

If you have any questions or concerns regarding pain relief either before or after your operation or procedure, and would like to discuss these, then please contact the Inpatient Pain Service.

We are available:

**Monday to Friday between 08.30 and 16.00 hours**

Telephone the hospital switchboard on **01932 872000** and ask for **pager 5042**

Additional information about Entonox can be found at  
<https://www.bochealthcare.co.uk>

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## Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you still remain concerned, they can assist you to make a formal complaint.

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## What are the risks / benefits involved in the use of Entonox?

### Risks

There is minimal risk involved with the administration of Entonox.

The main concern is that the gas might get trapped in the body - **this is only** a problem if you have specific medical conditions. The nurses will carefully assess you before you have the Entonox and **will not** give it if there is any risk that this may happen.

You may also become very sleepy. A nurse will be with you all the time when you are using Entonox and will take it away if this happens. You will wake up very quickly after the Entonox is stopped.

### Benefits

The quick acting pain relief provided by Entonox, with minimal after effects.

## Entonox

### What is Entonox

Entonox is a gas that you may be offered to help you manage your pain, during some treatments (e.g. changing a dressing, putting on a plaster cast, etc.).

It consists of 50% Oxygen and 50% Nitrous Oxide. Nitrous Oxide is sometimes used for anaesthetics but in this combination, it works as a short acting pain relief.

Entonox is sometimes called 'Gas and Air' and is most commonly used by women during labour.

**AS ENTONOX IS SHORT ACTING IT CAN BE USED AS PAIN RELIEF FOR ANY TREATMENT THAT REQUIRES SHORT-TERM PAIN RELIEF OR IT CAN BE USED WHILST WAITING FOR OTHER PAINKILLERS TO WORK.**

### Are there any side effects?

Entonox can make you feel drowsy and a little light-headed. Other possible side effects include dizziness, nausea and a dry mouth.

All these sensations disappear rapidly after you stop using Entonox.

Most patients find that if they persevere and concentrate on breathing slowly then they quickly get used to these sensations.

However, if, when you are practicing using the Entonox, you decide you do not like the effects, tell the person giving it to you and an alternative pain relief can be arranged.

### **How do I use it?**

Before you can be given Entonox, the nurse will complete a checklist with you to make sure that it is appropriate for you to use.

Please tell the nurse if you:

- Have, or have recently had, an ear infection, or an operation on your ears
- Have recently been scuba diving
- Are pregnant, or believe you may be pregnant
- Have emphysema or chronic breathing problems (e.g. chronic bronchitis or chronic asthma)

You will be shown the Entonox equipment and be able to practice before the treatment starts.

Once you start you will be able to decide when and how often you want to use it.

Entonox is self-administered and gives you full control over your pain relief

You should start using Entonox 1-2 minutes before the treatment starts to allow time for it to work. To get the best effect you need to take slow breaths slightly deeper than normal.

### **What can / can't I do afterwards?**

After using Entonox, the effects should wear off quickly. However, we advise that you should be cautious about getting up and walking around until your balance has fully returned.

You must wait a minimum of 30 minutes before attempting to drive but this will be longer if you have been given other medicines that might cause sedation or drowsiness. You will be required to sign a form to confirm that you feel competent to drive before going home.

Please tell the nurse know if you still have pain after you finish using the Entonox.

### **Is there an alternative?**

If you are not able to have Entonox then alternative pain relief will be discussed with you by the nurses and doctors.