Patient information



NHS Golden Jubilee

Entonox

Important information for patients self administering Entonox

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About this booklet

The purpose of this booklet is to tell you about Entonox and how it can help you with your pain relief.

What is Entonox?

Entonox is a mixture of equal parts nitrous oxide and oxygen, and is sometimes referred to as 'Gas and Air'. It has been used for many years as a pain relieving gas mixture. As it is self-administered, you decide when to take it to control the timing of your pain relief.

When can I start using the Entonox?
You can start using Entenox just before your procedure starts.

How do I use Entonox?
You will be given a mouthpiece. Before the procedure begins, place the mouthpiece between your lips and breathe in and out deeply for one to two minutes. This will ensure that an effective amount of Entonox is in your body. The pain relief stops shortly after you stop breathing in Entonox.

How soon does the Entonox wear off?
Entonox starts to wear off around one minute after you stop breathing it in.

Can I drive after taking Entonox?
You can normally drive home 30 minutes after taking Entonox. A doctor or nurse will assess you before you leave to ensure the entonox has worn off.

What are the benefits?

- It provides strong but short acting pain relief,
- You decide when to take it.
- It leaves the body quickly, usually within 30 minutes, leading to a shorter recovery time.
- You do not need someone to stay with you, so you are able to go home

alone.
- There are no side effects or interactions with other medications.

What are the risks?

Entonox is generally very safe, but you should avoid taking it if you:
- have severe emphysema with bullae;
- have Chronic Obstructive Pulmonary Disease (COPD) and there is concern over high flow oxygen;
- have recently had middle ear surgery;.
- are in the early stages of pregnancy;
- are taking Methotrexte, Bleomycin (chemotherapy) or Amiodarone;
- have any conditions where air is trapped inside the body, i.e. a collapsed lung, decompression sickness; or
- have been deep sea diving in the last 48 hours.

Are there any side effects?

You may experience:
- light headedness;
- hyper-ventilation (over breathing);
- tingling sensation in your fingers; and
- dry mouth.

Further information

If you have any other questions, please ask staff.

References

- British Oxygen Company BOC medical gas sheet Entonox, 2010 July 2009 v1. Greenbank Road, East Tulips, Aberdeen.
- The British Society of Gastroenterology (BSG) Guidelines on sedation, safety and monitoring **www.bsg.org.uk/clinicalguidleines/sedation.htm**

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