



Manchester Royal Infirmary Endoscopy Unit

Entonox (Adult)

Information For Patients



What is Entonox?

Entonox is a gaseous mix of 50% Oxygen and 50% Nitrous Oxide. It is also known as 'Gas and Air'. It is a really effective form of pain relief and is used to relieve 'acute' or short-term pain.

Why have I been sent this information?

The doctors looking after you have asked that you are booked for a procedure which enables them to look into the bowel with a camera. Although this is not a painful procedure, some patients will experience some discomfort and breathing Entonox can help with this discomfort.

How is Entonox given?

Before you are given Entonox the nurse will complete a checklist with you as it is not appropriate for all patients.

Please tell the nurse if you:

- Have or have recently been treated for an ear infection.
- Have been scuba diving recently.
- Are pregnant, or believe there is a chance you may be pregnant.
- Have Emphysema, or any other chronic breathing problems such as Chronic Obstructive Pulmonary Disease.

The nurses will check your blood pressure, pulse rate and oxygen levels before the procedure and will continually monitor your pulse rate and oxygen levels throughout the procedure.

Entonox is a form of patient controlled analgesia and is administered through a mouthpiece attached to a cylinder containing the gas. Before the procedure you will be shown how to use the mouthpiece by a specially trained nurse. You will be asked to take some deep breaths on the mouthpiece before the start of the procedure. You may feel the effects immediately. Once you are able to use the mouthpiece effectively the procedure will begin. You will be encouraged to use the mouthpiece when you feel periods of discomfort throughout the procedure.

What are the benefits of using Entonox?

Entonox works within 2 minutes, although some patients feel the effects after only a few breaths. Once the procedure is over and you stop using the Entonox, the body gets rid of it out of your system quite quickly and you are not left feeling the 'drowsy' after effects you would normally feel if you were given sedation and analgesia directly into your bloodstream.

Are there any risks if I choose Entonox?

There are minimal risks involved when using Entonox and they are usually associated with certain medical conditions. You will be carefully assessed by a nurse before being offered this form of pain relief.

Are there any side effects?

Entonox may cause some dizziness but this improves quickly if you take a short break from using it. Some patients experience nausea, but again this should settle when you discontinue use.

Entonox can cause anaemia if used for longer than 6-8 hours but this is rare and for this procedure you would **NEVER** be using it for that length of time.

Can I drive after having Entonox?

BOC Gases, the company that supply the Entonox gas, have carried out trials and according to the results, you will be able to drive as soon as 30 minutes after discontinuing using it, although, you will spend some time in our recovery area before being discharged.

Should you require any further information regarding Entonox please do not hesitate to ask a member of staff on your arrival or telephone the department prior to your appointment on **0161 276 7993**.

Other Useful Contacts

NHS Direct

www.nhsdirect.nhs.uk, Telephone Number: 111

Information Sources

Acute Pain Team (2008) **Acute Pain Manual**, Central Manchester University Hospitals NHS Foundation Trust

Suggestions, Concerns and Complaints

If you would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
- Log onto the NHS Choices website www.nhs.uk - click on 'Comments'.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: pals@cmft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

These translations say "If you require an interpreter, or translation, please ask a member of our staff to arrange it for you." The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.

اذا كنت بحاجة الى مترجم، او ترجمة، من فضلك اطلب من احد موظفينا ترتيب ذلك لك

اگر آپ کو ایک مترجم، یا ترجمہ کی ضرورت ہے، تو برائے کرم ہمارے عملے کے کسی رکن سے کہیں کہ وہ آپ کے لیے اس کا انتظام کرے۔

আপনার যদি একজন দোভাষী, অথবা অনুবাদের প্রয়োজন হয়, দয়া করে আমাদের একজন কর্মীকে বলুন আপনার জন্য ইহা ব্যবস্থা করতে।

Jeśli Pan/Pani potrzebuje tłumacza lub tłumaczenie prosimy w tym celu zwrócić się do członka personelu.

Haddii aad u baahantahay tarjubaan, fadlan waydii qof ka mid ah shaqaalahayga si uu kuugu.

如果你需要翻译或翻译员, 请要求我们的员工为你安排



@CMFTNHS



Follow us on Facebook

www.cmft.nhs.uk

© Copyright to Central Manchester University Hospitals NHS Foundation Trust