

Entonox

What Is Entonox?

Entonox is a gas that you may be offered to help you manage your discomfort/pain during some bowel investigations. 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 painkiller. Entonox is sometimes called 'gas and air' and is most commonly used during child birth. As Entonox is short acting, it can be used as a painkiller for any treatment that requires short-term pain relief.

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

How Do I Use It?

As part of your admission the nurse looking after you will complete a checklist to make sure it is appropriate for you to have Entonox.

Please tell the nurse if any of the following apply to you:

- Eye surgery (with gas bubble insertion) in the last 6 months.
- Head injury with impaired consciousness.
- Facial injuries.
- Heavy sedation.
- Previous laryngectomy.
- Pneumothorax (collapsed lung), lung surgery, chest drain.
- Severe Chronic Pulmonary Disease (breathing problems)
- Extensive swelling of the abdomen or bowel obstruction (blockage).
- Decompression sickness (recent dive in the last 48 hours).
- Air embolism.
- Are pregnant or believe you may be pregnant.
- Vitamin B12 Deficiency
- Myringoplasty / middle ear surgery

You will be shown the Entonox equipment and the nurse will explain how to use it. To get the best effect you need to take slow breaths slightly deeper than normal through the mouthpiece.



What Can/Can't You 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.

Is There an Alternative?

If you are not able to have Entonox then an alternative painkiller will be discussed with you by the Nurses and Doctors.

What are the Benefits/Risks Involved in the Use of Entonox?

Benefits:

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

Further Information

If you have any questions or concerns regarding Entonox, either before or after your procedure, then please discuss these with the nursing staff on the day of your appointment.

Source of Good Practice

In compiling this leaflet a number of articles have been used including:

- ENTONOX Conquering Procedural Pain (www.entonox.co.uk)
- British Society of Gastroenterology Endoscopy News July 2010
- British Society of Gastroenterology Safety and Sedation During Endoscopic Procedures 2003 (www.bsg.org.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