

Patient Information

ENTONOX[®] (gas and air)

Introduction

This leaflet gives patients, carers and parents' information about using ENTONOX[®] as pain relief.

What is ENTONOX[®]?

It is an odourless, colourless gas that has been used for reliable pain relief for over 150 years. It is often used to treat pain during childbirth. It is also used by the Ambulance Service and in hospitals for a variety of short procedures.

How is ENTONOX[®] given?

It is managed by you, by breathing through a mouthpiece or mask and supervised by a trained healthcare professional. ENTONOX[®] is safe to use for children and adults, as long as they can follow simple instructions.

How long does it take ENTONOX[®] to work?

ENTONOX[®] will begin to take effect immediately when you start to inhale the gas. When stopped, the effects of the gas will wear off quickly.

What are the risks?

There is minimal risk involved with the administration of ENTONOX[®]. One concern is that the gas may become trapped in the body. This is only a problem if you have certain medical conditions. Please inform the healthcare professional of any medical conditions that you have and of any recent surgery.

Is it safe to use ENTONOX[®] while pregnant?

Yes, it is. However, it is best to avoid using it during the first and second trimesters of pregnancy. Your healthcare professional will answer any questions you may have.

Reference No.
GHPI1070_04_24

Department
Pain Service

Review due
April 2027

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Are there any side-effects of using ENTONOX®?

You may get tingling lips and fingertips, feel a little sick or dizzy and it can also give you the 'giggles'. These effects disappear as the gas eases the pain. It is not recommended to use ENTONOX® for long periods as it can cause blood disorders and possible addiction. You cannot overdose on this medication.

How soon can I drive after using ENTONOX®?

You should not drive a car or operate any machinery for at least 30 minutes after having ENTONOX®.

Taking other medication with ENTONOX®

Please let the healthcare professional know if you are currently taking any other medication. It is unsafe to use ENTONOX® with some medicines.

Further information

BOC Healthcare

Website: www.bochealthcare.co.uk/en/products-and-services/products-and-services-by-category/medical-gases/entonox/entonox.html

Content reviewed: April 2024

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>