

**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 used in childbirth and other 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. It is safe to use for children and adults as long as they can follow simple instructions.

## How long does it take ENTONOX® to work?

Within 3 minutes you should get pain relief. When stopped, the effects of the gas will wear off quickly.

## 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.

## 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.

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Department

**Pain Service**

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## **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](http://www.bochealthcare.co.uk/en/products-and-services/products-and-services-by-category/medical-gases/entonox/entonox.html)

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