

# Having Entonox<sup>®</sup> pain relief during your procedure

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Information for Patients

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## Introduction

You have been given this leaflet as you are due to have a procedure where Entonox can be used for pain relief. You can choose to have it to make the procedure more comfortable for you, but many patients do not need it. You are getting this information now so you have time to read it before your procedure. **It does not mean you have to use Entonox for your procedure.**

## What is Entonox?

Entonox is often called gas and air or laughing gas. It is a gas which gives short lasting pain relief whilst you breathe it in. It is a mixture of half oxygen and half nitrous oxide. You breathe it in through a mouthpiece. You have control over how much or how little you take. The benefit of Entonox is that it starts to work within 2 minutes but it wears off quickly once you stop breathing it in. You will not feel any lasting effects. You will be able to go home very soon after your procedure without the need for extra help.

## What are the risks?

Entonox is very safe for most people. It has been used for many years even by pregnant people who often use it when they are in labour.

Rarely the gas can become trapped in your body so, you **should not** have Entonox if you have:

- air trapped in a part of the body where it would be dangerous if this air expanded, such as air lodged in an artery.
- a severely bloated stomach or bowel obstruction.
- a collapsed lung, lung disease or breathing difficulties, such as emphysema.
- a suspected or known increased pressure on the brain.
- injuries to the head, face or jaw

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- recent surgery in the eyes or ears.
- middle ear infection.
- been drinking alcohol.
- been SCUBA diving within the last 24 hours.
- vitamin B12 deficiency.

## What are the possible side effects?

- Dizziness or feeling lightheaded.
- Feeling or being sick (nausea and vomiting) and a dry mouth.
- Slight tingling sensation in different parts of the body.
- Disoriented caused by feeling lightheaded.

These side effects will all usually settle down within a few minutes once you stop using the gas.

## What happens if the side effects are too unpleasant?

Most people find that if they concentrate on breathing slowly, they quickly become used to any feelings of dizziness, nausea or tingling. But, if you decide that Entonox does not suit you, you can stop using it and it will wear off quickly.

## Aftercare - important information

**You should not drive a car or ride a bicycle for at least 30 minutes after your procedure.**

We will let you know if we have any concerns about your ability to drive after you have Entonox, but we cannot confirm fitness to drive. It is usually best if you can arrange for someone to pick you up afterwards to drive you home or travel with you if you are taking public transport.

## What other options are available?

Depending on the procedure you are having there may be other options of pain relief for you to have during the procedure. Please discuss these options with the team looking after you.

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