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**Frimley Health**  
NHS Foundation Trust

Endoscopy Unit  
Frimley Park Hospital

Using Entonox®

<p><b>Frimley Park Hospital</b> Portsmouth Road Frimley Surrey GU16 7UJ</p> <p>Hospital switchboard: 01276 604604 Website: www.fhft.nhs.uk</p>	<p><b>Heatherwood Hospital</b> London Road Ascot SL5 8AA</p> <p>Hospital switchboard: 01344 623333 Website: www.fhft.nhs.uk</p>	<p><b>Wexham Park Hospital</b> Wexham Slough Berkshire SL2 4HL</p> <p>Hospital switchboard: 01753 633000 Website: www.fhft.nhs.uk</p>
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**Legal Notice**

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.



Information for patients, relatives  
and carers

### **What is Entonox?**

Entonox is a mixture of 50% oxygen and 50% nitrous oxide, also known as 'gas and air' or 'laughing gas'. It is often used to treat pain during childbirth. It is also used widely by the ambulance service and in hospitals for a variety of procedures and conditions.

Entonox works very quickly and its effects are felt almost immediately after inhalation, making it a very good pain relief with a relaxing effect without losing consciousness or control. It can also be used for some short uncomfortable procedures such as flexible sigmoidoscopy or colonoscopy as it is safe, quick and has minimal side effects.

### **Why should I have Entonox for my procedure?**

Entonox wears off quickly once you stop breathing it in, so you will not feel any after effects.

One of the most popular advantages of this method of pain relief is that you are in control of how much you have. You are able to drive a car after 30 minutes of its use. You do not need anyone to escort you home and function as normal afterwards.

### **What are the risk and/or side effects of Entonox?**

According to the British Oxygen Company (the company that produce Entonox), millions of people have used Entonox without a single serious adverse reaction. It has been used successfully on seriously ill patients.

Very occasionally it can cause some minor effects on the cardiovascular and respiratory systems. Entonox can sometimes make you feel sick, give you a dry mouth or can make you feel dizzy. If you have any concerns, please discuss them with a member of staff.

### **When should I not use Entonox?**

Entonox is not always suitable for everyone and there are conditions/illnesses where Entonox cannot be used. These are:

- Pneumothorax (collapsed lung)
- Air embolism (bubble trapped in a blood vessel)
- Emphysema/COPD
- Bowel obstruction
- Decompression sickness.
- Recent ear/eye surgery
- Scuba diving within the last 12 weeks
- Intoxicated patient
- Within 12 weeks of pregnancy

### **How do I use Entonox?**

Entonox is breathed in by using a mouth piece. The mouth piece is attached to the supply of Entonox. The nurse will show you how to use the Entonox before the procedure begins. You will be encouraged to take 4-6 breaths of Entonox to make sure that you feel its full effects.

You will be holding the mouthpiece yourself. If you breathe too much Entonox and become drowsy you may drop the mouthpiece, this is quite normal. When you are feeling less drowsy, you can hold the mouth piece again and continue to use the Entonox if it is still needed.

### **What do I need to do after I go home?**

You do not have to take any special precautions if you have used Entonox for your procedure, as its effects will have worn off by the time you leave the hospital.

### **Who can I contact with queries and concerns?**

For any queries before or after your procedure, please contact the Endoscopy Unit Nurses' Station: Tel: 01276 526045, 8.00am – 1.00pm, Monday - Friday.