

# Entonox (Child/Young Person)

Child/Young Person Information Leaflet

February 2018

## **What Is Entonox?**

Entonox is a gas which you breathe in to help make your pain better.

## **When Might Entonox Be Used?**

Entonox is the ideal pain killer and can be used for many different things, for example:

- Straightening broken bones
- Putting stitches in
- Changing dressings

## **How Does Entonox Work?**

When you breathe in Entonox gas it travels around your body and quickly helps to ease the pain.

## **When Will I Be Given Entonox?**

The Entonox gas is kept in a cylinder. It is then given to you through a mask or mouth piece. A specially trained nurse or doctor will show you what to do. When you use the Entonox, you must hold the mask tightly over your nose and mouth. If you use a mouth piece you should hold it between your teeth and lips tightly. It is important that only **YOU** hold the mask or mouth piece and no-one else does this for you. You will then be asked to breathe deeply for a few minutes so that the gas has time to start working before you have your treatment. You should continue to breathe deeply throughout your treatment to make sure that the gas works. If you feel that you have had enough Entonox, you can stop using it at any time by removing the mask or mouth piece from your face/mouth.

## **Before Having Entonox**

A nurse will ask you some questions to make sure that Entonox is the right pain killer for you. Please tell the nurse if:

- You have had a cold, ear infection or an operation on your ear in the last few weeks.
- You have asthma or problems with your breathing
- You think you may be pregnant

A nurse will also record your blood pressure, pulse and the amount of oxygen in your blood using a special machine which does not hurt. The nurse may continue to monitor your observations every 5 minutes however this depends on the length of your treatment.

## **Can I Have Other Pain Relieving Medicines?**

Yes, you will still be able to have some other pain relieving medicines.

## **How Will I Feel When I Am Using Entonox?**

You may feel dizzy or sleepy, but this will get better when you stop breathing in the Entonox. Entonox may also make you feel sick, but again this will settle when you stop using it. You may be asked not to eat or drink anything for 2 hours before using Entonox, to stop you from feeling sick.

## Is Entonox Safe?

Yes, Entonox is very safe however there is a very small chance that the gas you breathe in may become trapped inside your body. This only happens if you have certain illnesses. Before being given Entonox the nurses will make sure that it is safe for you to use it.

## When Will Entonox Not Be Used?

Entonox will not be used if:

1. You are under 5 years old.
2. You have bumped your head.
3. You have air trapped inside your body following ear surgery or an ear infection.
4. You have a severe chest infection or breathing problems.
5. You are in the first 3 months of pregnancy

## Other Useful Contacts or Information

NHS Direct

Patient Information Centre

## Source Of Good Practice

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

The Royal Marsden Hospital Manual of Clinical Nursing Procedures, Chapter 9 (9<sup>th</sup> Edition), Wiley Blackwell.

BOCmedical <http://www.entonox.co.uk/en/index.shtml>

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

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## Document Control Information

**Author:** Jayne Grant  
**Division/Department:** Acute Pain Service, Anaesthetic Dept  
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