



Entonox (Parent/Carer)

Patient information Leaflet

10th July 2010

Entonox For Pain Relief

You may already know that Entonox is used to relieve pain and is often used to treat pain during childbirth. It is also used widely by the ambulance service and in hospitals for a variety of painful procedures and conditions.

What Is Entonox?

Entonox is the trade name for the mixture of 50% Oxygen and 50% Nitrous Oxide, also known as 'gas and air'. It is a fairly strong pain killer, and works very quickly to control pain. One of the advantages of this method of analgesia is that it is fully removed by the lungs within a few minutes after your child has stopped breathing it in.

When Might Entonox Be Used?

Entonox is the ideal pain killer for short procedures and other hospital situations that cause discomfort. For example:

- Straightening of broken bones
- Stitching/Suturing wounds
- Removal of drains/ metal work
- Wound dressing changes
- Childbirth
- Siting a drip/taking blood
- Endoscopy procedures

How Does Entonox Work?

The exact way Entonox works is still not fully understood. However, it is believed that once it has been inhaled, Entonox travels to the brain and the spinal cord where it stops the pain from being felt.

How Will My Child Be Given Entonox?

Entonox is given via a cylinder and tubing and a mask or mouthpiece attached to it. It is designed to be self administered, and a specially trained nurse or doctor will show your child what to do. It is important that your child holds the mask firmly over their nose and mouth, or if a mouthpiece is used it should be held firmly between your child's teeth/lips, to form a good seal. They will be asked to breathe in deeply before the procedure begins to ensure that the Entonox is in their body. Entonox will only flow when your child breathes in, therefore the deeper they breathe the better their pain relief will be. They should continue to breathe in the gas for the duration of the procedure for it to remain effective. However if they feel that they have had enough, they will be able to take the mask/mouthpiece away at any time. Please do not help your child hold the mask/mouthpiece to their face.

What Are The Benefits Of Using Entonox?

Entonox begins to work within 2 minutes, although they may feel some effect after their first few breaths.

Once your child has stopped breathing in the gas it usually wears off within 2-5 minutes. Entonox has few side effects and many patients throughout the UK have used Entonox without a single serious incident (BOC 2000).

What Are The Risks Of Using Entonox

There is minimal risk involved with the administration of Entonox.

The main concern is that the gas may become trapped in the body – this is **only** a problem if your child has specific medical conditions. A nurse or a doctor will carefully assess your child before they have Entonox.

Nursing Observations

Before your child can be given Entonox a nurse or doctor will assess your child to make sure that it is appropriate for them to use.

Please tell the nurse if your child:

- Has, or has recently had a cold affecting their ears, an ear infection, or an operation on their ears.
- Is pregnant, or believe they may be pregnant.
- Has any chronic breathing problems (e.g. chronic bronchitis, asthma or emphysema).

Before the procedure, a nurse will record your child's blood pressure, pulse and the amount of oxygen in their blood (Oxygen saturation) using a special machine which will not harm your child. Dependant on the length of the procedure these observations may be recorded every five minutes until the Entonox is discontinued.

Can My Child Be Given Other Pain Relieving Medicine Too?

Yes, your child may still be able to have some other pain relief as normal if it is required.

What Are The Side Effects of Using Entonox?

Dizziness

Entonox can cause dizziness however this usually improves, once the child stops breathing the gas. If your child continues to breathe in Entonox at this point, they may become very sleepy, and would automatically drop the mouth piece/mask and breathe in room air, which would wake them up again. It is therefore important that they **do not** allow anyone else to hold the mask or mouth piece for them.

Nausea

Entonox can occasionally cause nausea, but this usually settles once the Entonox has been stopped. It may be necessary for your child to starve from diet and fluids prior to the procedure, the nurse will advise you.

Anaemia

Continuous use of Entonox for longer than 6-8 hours may cause anaemia, vitamin deficiencies and reduce bone marrow function. This is rare and only in extreme circumstances is it a risk to patients. Where regular use of Entonox is required, close monitoring of your child's blood will be undertaken.

When Will Entonox Not Be Used?

Entonox will not be used if your child:

1. Is under 5 years old.
2. Has had a recent head injury.
3. Has air trapped within the body e.g. ear surgery or middle ear infection.
4. Has severe chest or breathing problems.
5. If there is a possibility the young person is within the first 3 months of pregnancy.

N.B. If you yourself are pregnant, we need to know, as you must not be in the area where Entonox is used.

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:

Dougherty, L., Lister, S, (eds), (2005), "The Royal Marsden Hospital Manual of Clinical Nursing Procedures", Chapter 28 (6th Edition), Blackwell Science Publishing Ltd.

BOC medical http://www.bocmedical.co.uk/product_information/entonox.pdf

http://www.sheffieldchildrens.nhs.uk/patients/resources/132_etonox.pdf

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

আপনি যদি এই তথ্য পড়তে বা বুঝতে না পারেন, তাহলে অনুগ্রহ করে এথনিক হেলথ টিমের সাথে টেলিফোনে যোগাযোগ করুন 0161 331 5149/5150 এই নাম্বারে, তখন তারা আপনাকে সাহায্য করতে পারবে।

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