

# Entonox<sup>®</sup> Information for Parents & Carers

**Children's Services**  
**Women & Children's Services**

**This leaflet has been designed to give you important information about the use of Entonox<sup>®</sup> with children for procedural pain and will answer some common queries you may have.**



## Information for patients and visitors

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### What is Entonox<sup>®</sup>?

Entonox<sup>®</sup> is a mixture of two gases 50% Nitrous Oxide and 50% Oxygen. It is more commonly known as 'gas and air' or 'laughing gas'.

Entonox<sup>®</sup> is a short term pain relief; it is quick acting and wears off quickly once you stop breathing it. For this reason it is used mainly for pain experienced during procedures.

### Who can use Entonox<sup>®</sup>?

Entonox<sup>®</sup> is a self-administered short term pain relief. Any child with the understanding, skill and ability to follow simple instructions can be given Entonox<sup>®</sup>.

### Why do we use Entonox<sup>®</sup>?

Entonox<sup>®</sup> is used for the relief of minor procedural pain, such as the pain experienced during dressing changes.

### What are the risks?

There is minimal risk involved with the administration of Entonox<sup>®</sup>. The main concern is that the gas may become trapped in the body. The nurses will discuss this with you and assess if it is safe for your child. It is important you make the nurse aware if your child:

- has had a recently had an ear infection, or an operation on their ears or eyes
- has had a recent head injury, which required them to be in hospital
- Believes they are pregnant, or may be pregnant, or
- has significant acute breathing problems

If you have any other concerns please discuss this with your child's nurse.

### How is Entonox<sup>®</sup> used?

Entonox<sup>®</sup> is a gas that is self-administered. A mask or mouth piece can be used for the self-administration.

Your child will need to sit on a couch or bed; they will need to be closely monitored. A nurse will show your child how to use the Entonox<sup>®</sup>. They will ask them to take 6-8 breaths of it so that they know what it feels like. Before the procedure the nurse will encourage your child to take some more deep breaths of the Entonox<sup>®</sup>, for 2 minutes.

Your child will be holding the mask or mouthpiece themselves so that if they become sleepy they will naturally remove the mask from their face, drop the mask.

It is normal to feel sleepy. When your child feels less sleepy they can hold the mask or mouthpiece again and take some more deep breaths of the Entonox<sup>®</sup> if they still have pain.



## Information for patients and visitors

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### Are there any side effects to Entonox<sup>®</sup>?

Entonox<sup>®</sup> can cause **dizziness**, however this usually improves once you stop breathing the gas. If you continue to breathe in Entonox<sup>®</sup> at this point, you will become **very sleepy**; a child would then usually drop the mask or mouth piece, breath in normal air and would become more wakeful again. It is very important that Entonox<sup>®</sup> is self-administered.

Entonox<sup>®</sup> can occasionally cause **nausea (sickness)**, but this settles once you have stopped using it.

Entonox<sup>®</sup> can cause a **mild tingling sensation** in different areas of the body, for example, in the fingers and around the mouth, however this usually quickly improves once you stop breathing the gas.

Continuous use of Entonox<sup>®</sup> for longer than six to eight hours may cause **anaemia, vitamin deficiencies and reduced bone marrow function**. This is rare and is only a risk to patients in extreme circumstances.

### What if my child doesn't like using the Entonox<sup>®</sup>?

If your child does not like the Entonox<sup>®</sup> alternative forms of pain relief can be given. For painful procedures it may be necessary for your child to be given sedation medication along with pain relief.

However these are not effective immediately. Your child may have to wait for them to work before the treatment can begin.

### What about afterwards?

After the procedure the Entonox<sup>®</sup> will be removed. Your child should remain calm and must rest for 15minutes on the couch. This allows time for the dizziness and tingling to pass.

### Additional Information

If you want to know any more information please ask a member of nursing staff.

### References

Great Ormond Street Hospital for Children NHS Foundation Trust (2015). Pain relief using Entonox<sup>®</sup>. <https://www.gosh.nhs.uk/medical-information-0/procedures-and-treatments/pain-relief-using-entonox>. Available on 17/04/2018.



## Information for patients and visitors

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### Patient Advice and Liaison Service (PALS)

The Patient Advice and Liaison Service offers confidential advice, support and information on any health related matters.

If you have a comment, concern, complaint or compliment about the care or service you have received from the Trust you can contact the PALS team as follows:

Telephone: 03033 306518

Email: [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

There are also offices at both the Diana Princess of Wales Hospital (near the main entrance) and Scunthorpe General Hospital (on the C Floor, near the outpatient department), should you wish to visit.

**Please note: PALS should not be contacted for clinical advice relating to the content of this leaflet. The service should be contacted directly in the first instance.**

### Northern Lincolnshire and Goole NHS Foundation Trust

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