

Entonox – What is it? Information for Children & Young People



Name:

Who to contact and how:

Notes:

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Information for patients

Introduction

The aim of this leaflet is to provide you with all of the relevant information about Entonox and answer some common concerns and questions.

What is Entonox?

Entonox is a mixture of 50% Nitrous Oxide and 50% Oxygen. It is more commonly known as 'gas and air' or 'laughing gas'.

Why is it used?

It can be used to stop pain when you are having a blood test or a dressing changed.

It can be used to relieve pain if someone has a broken bone, or has a burn or scald.

It can also be used as a pain relief for some short painful procedures such as a change of dressing or stitching of wounds.

Who can use Entonox?

Children over the age of 5 years. You must be able to understand how to breathe it in. You must also be able to hold the mask or mouthpiece without help.

How do I use Entonox?

Entonox is breathed in by you, using either a mask or mouth piece that is attached to the supply of the gas.

The nurse will show you how to use the Entonox. They will ask you to take 6-8 breaths of it so that you know what it feels like. You will be holding the mask or mouthpiece yourself so that if you become sleepy you will drop the mask.

It is normal to feel sleepy and when you feel less sleepy you can hold the mask or mouthpiece again and have some more Entonox if you still have pain.

What if I don't like using the Entonox?

If you do not like the Entonox you must tell the nurse and they will arrange for you to have something else to take away the pain.

What about afterwards?

After you have had the Entonox you must stay on the couch (bed) for at least 15 minutes. This is because the Entonox can sometimes make your legs feel wobbly.

Benefits

It will help take away the pain that may be felt during some tests or treatments.

Information for patients

Risks & Side Effects

After you have had the Entonox you must stay on the couch (bed) for at least 15 minutes. This is because the Entonox can sometimes make your legs feel wobbly.

It can sometimes make you feel sick, give you a dry mouth or make you feel dizzy. If you do feel any of these please tell the nurse.

According to the British Oxygen Company (the company that produces Entonox) millions of people have used Entonox without a single serious adverse reaction. It has been used successfully on some very seriously ill patients. Very occasionally it can cause some minor effects on the cardiovascular (heart) and respiratory (breathing) systems. If it is used for a long period of time it can cause vitamin deficiencies, leading to anaemia and impaired bone marrow function. This is very rare, however, and only in extreme circumstances is it a risk to patients.

Alternatives

- If you have had a recent injury to your head
- You have problems with your breathing
- You have recently had an ear infection or surgery to your ears

If you cannot use Entonox a nurse will speak to you and your parents / carers about this.

Additional Information

If you want to know any more information please ask the nurse or your parents / carers.

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlg-tr.interpreters@nhs.net

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