What is Entonox?
Entonox is a colourless, odourless gas made up of 50% oxygen and 50% nitrous oxide. It is commonly known as 'gas and air' and has been used during labour for many years.

It is used to stop discomfort or pain during short term procedures such as dressing changes, physiotherapy, colonoscopy and many more.

What are the benefits of Entonox?

You will be in control
The pain relieving effects are fast
There are no long lasting side effects

Side Effects
There are a few side effects with entonox including:

- Dizziness
- Light headedness
- Tingling
- Sickness
- Disorientation

These side effects are short lived and will pass very quickly once you have stopped breathing the entonox.

How do I use Entonox?
You will be told how to use the entonox before the procedure starts.

You will be given you a mouth piece to hold, this will be attached to a tube from the entonox cylinder. You will then be asked to take 5-6 deep breaths of the gas through the mouth piece.

Quite quickly you will start to feel light headed and relaxed; this is the normal effects of the entonox gas.

Once the gas has taken effect usually after more than 5 breaths the procedure will be started. You should continue to breathe the entonox throughout the procedure until the procedure is completed.

What happens after I have stopped using the Entonox?
You will be asked to remain on your bed or in a chair for 30 minutes afterwards.

Can I drive after Entonox?
The makers of Entonox recommend that at least 30 minutes has elapsed before you can drive. However, this will depend upon how you feel.

We strongly advise you NOT drive unless you feel safe to do so.
Comments, compliments or complaints
We welcome any suggestions you have about the quality of our care and our services.

Contact us:
Freephone: 0800 1613997
Phone: 01625 661449
Textphone: 01625 663723
Customer Care, Reception, Macclesfield District General Hospital, Victoria Road, SK10 3BL For large print, audio, Braille version or translation contact the Communications and Engagement Team on 0800 195 494.

Admission information
The trust accepts no responsibility for the loss of, or damage to, personal property of any kind, in whatever way the loss or damage may occur, unless deposited for safe custody. Please leave valuables at home. If you need to bring personal items that are expensive, for example micro hearing aids, please be aware that you do so at your own risk.

NHS Direct (part of NHS Choices) is a 24 hr phone advice service providing confidential health advice and information. Phone: 0845 4647 (Textphone 0845 606 46)

East Cheshire NHS Trust is committed to ensuring that patients and staff will always be treated with dignity and respect. There will be no age, disability, gender, race, sexual orientation or religious discrimination.

References:
Nitrous Oxide for Colonoscopy, Authors: Omar M Aboumarzouk et al, Editorial Group: Cochrane Colorectal Cancer Group, Published Online: 10 Aug 2011

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