Contact details

Monday to Friday, 08:00 till 20:00
Address:
Supportive Care
Haematology/Oncology Day Care
Fourth Floor, University College Hospital
Macmillan Cancer Centre,
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Direct telephone: 020 3447 9702
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Extension: 71878
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For out of hours advice: 07852220900
Website: www.uclh.nhs.uk

Where can I get more information?

There is more patient information available online at www.bochealthcare.co.uk/

UCLH cannot accept responsibility for information provided by external organisations.

If you need a large print, audio or translated copy of this document, please contact us on 020 3447 9702. We will try our best to meet your needs.

How to find us

Using Entonox™ for pain relief
Haematology/Oncology Day Care
What is Entonox™?
Entonox™ is a 50 per cent mixture of nitrous oxide and oxygen, and is most commonly known as ‘gas and air’. It is an odourless, colourless gas which can provide excellent, short-term pain relief during painful medical procedures. It works quickly (within several minutes) and wears off almost as quickly.

What is Entonox™ used for?
Entonox™ is a widely used form of pain relief. It provides acute, short-term relief in a diverse range of clinical situations.

What are the benefits of using Entonox™?
- Predictable and reliable pain relief
- Effective relief and sedative effect without loss of consciousness
- Works quickly and wears off quickly
- Easy for the patients to use themselves
- Few side effects

What are the possible side effects?
Common side effects of using Entonox™ are:
- Dizziness
- Light-headedness
- Sickness
- Tingling
- Disorientation

These effects should ease when you stop breathing in the gas. Please speak to your Doctor or Nurse if you have any concerns.

What are the risks?
There are very few risks involved in using Entonox™. The main concern is that the gas may become trapped in the body – this is only a problem if you have specific medical conditions such as pneumothorax or abdominal distension.

The Nurses will carefully assess you before you have Entonox™ and will not give it to you if there is any risk that this may happen.

How is Entonox™ given?
Entonox™ is a pain relief drug you can administer to yourself. A specially trained Nurse or Doctor will show you what to do as follows:

You will be given either a mouth piece, which is placed into your mouth or a face mask, which is placed over your nose and mouth. It is important that you hold the mouthpiece firmly between your teeth/lips.

If you are using the mask, hold it firmly over your nose and mouth to form a good seal.

You will be asked to breathe deeply, for one to two minutes before the procedure begins, to ensure that the pain killer is in your body. Entonox™ will only flow when you breathe in, so the deeper you breathe, the better your pain relief will be.

Can I drive after using Entonox™?
If you have been given Entonox™ on its own, you must wait at least 30 minutes after use, before driving or using any machines. If you’ve been given additional pain relief this may affect your driving. Please check with your Doctor or Nurse if you are unsure.