

**Patient  
Information**

# ENTONOX<sup>®</sup> (gas and air)

## For patients having a Flexible Sigmoidoscopy or Colonoscopy

### Introduction

This leaflet gives you information about having ENTONOX<sup>®</sup> as pain relief during lower end endoscopic procedures.

### What is ENTONOX<sup>®</sup>?

It is an odourless, colourless gas that has been used for reliable pain relief for over 150 years. It is regularly used in childbirth and other short procedures.

### Why is ENTONOX<sup>®</sup> offered?

If you live alone ENTONOX<sup>®</sup> is a good alternative to sedation to help control any discomfort. It can also be used with sedation.

**If you have ENTONOX<sup>®</sup> only, you will not need a responsible adult to stay with you for 24 hours.**

### How is ENTONOX<sup>®</sup> given?

ENTONOX<sup>®</sup> is managed by you, by breathing through a facemask. The facemask will fit over your nose and mouth. This is supervised by a trained health-care professional.

ENTONOX<sup>®</sup> is safe to use as long as you are able to follow simple instructions.

### How long does it take ENTONOX<sup>®</sup> to work?

ENTONOX<sup>®</sup> will begin to take effect immediately when you start to inhale the gas.

When you stop breathing in the ENTONOX<sup>®</sup> the effects of the gas will wear off quickly.

Reference No.

**GHPI1663\_01\_24**

Department

**Endoscopy**

Review due

**January 2027**

**Patient  
Information****Is it safe to use ENTONOX<sup>®</sup> while pregnant?**

Yes, it is. However, it is best to avoid using it during the first and second trimesters of pregnancy. Your healthcare professional will answer any questions you may have.

**Are there any side-effects of using ENTONOX<sup>®</sup>?**

You may get tingling lips and fingertips, feel a little sick or dizzy and it can also give you the 'giggles'. These effects disappear as the gas eases the pain.

You cannot overdose on this medication.

**How soon can I drive after using ENTONOX<sup>®</sup>?**

You should not drive a car or operate any machinery for at least 30 minutes after having ENTONOX<sup>®</sup>.

**Taking other medication with ENTONOX<sup>®</sup>**

Please let the healthcare professional know if you are currently taking any other medication.

A checklist will be completed during your admission to make sure that it is safe for you to use ENTONOX<sup>®</sup>.

If you have experienced any of the following within the last 12 weeks, ENTONOX<sup>®</sup> will not be suitable for you:

- Pneumothorax
- Air embolism
- Bowel obstruction
- Head injury which required you to be in hospital
- Decompression sickness

ENTONOX<sup>®</sup> will also not be suitable if:

- you have emphysema/COPD
- you have had recent ear/eye surgery
- you have been scuba diving in in the last 12 weeks

## Further information

### BOC Healthcare

Website: [www.bochealthcare.co.uk/en/products-and-services/products-and-services-by-category/medical-gases/entonox/entonox.html](http://www.bochealthcare.co.uk/en/products-and-services/products-and-services-by-category/medical-gases/entonox/entonox.html)

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>