

Possible side effects

Like all medicines ENTONOX may cause side effects, although not everyone will get them. Common side effects that may occur if you use ENTONOX are:

- Dizziness / Light-headedness
- Sickness
- Tingling
- Disorientation

Less common side effects that may occur if you use ENTONOX are:

- Problems with the ear due to increased pressure inside the ear
- Tiredness
- Bowel enlargement due to trapped gas

Rare common side effects that may occur if you use ENTONOX are:

- Interference with the way your body uses Vitamin B12
- Effects on nerve function including sensations of numbness and weakness
- Difficulty with breathing
- Addiction

Reporting of side effects

If you experience any of these side effects or if you notice any side effects not listed in this leaflet contact your healthcare professional immediately. You can also report side effects directly to the Medicines and Healthcare Products Regulatory Agency (MHRA) via the Yellow Card scheme <https://yellowcard.mhra.gov.uk/>. By reporting side effects, you can help provide more information on the safety of this medicine.



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Using Entonox

Patient Guide



Part of Aspen Healthcare
www.aspen-healthcare.co.uk

ENTONOX - Oxygen 50%, Nitrous Oxide 50%, Medicinal gas, compressed

Read the entire leaflet carefully before you starts using this medicine.

Keep this leaflet as you may need to read it again.

If you have further questions, ask your healthcare professional (doctor, midwife, nurse or pharmacist).

This medicine has been prescribed for you. Do not pass it on to others as it may harm them, even if their symptoms are the same as yours.

If any of the side effects become serious, or if you notice any side effects not listed in this leaflet, please tell your healthcare professional immediately.

This leaflet gives you information about:

- What is ENTONOX and what it is used for
- Things to consider before use
- How to use ENTONOX
- Possible side effects
- Further information

Do not use ENTONOX if you have:

- Air trapped in a part of the body where it's expansion may be dangerous, such as air lodged in an artery
- A collapsed lung
- Decompression sickness (the bends) or if you have been deep diving within 48 hours
- Lung disease or breathing difficulties such as emphysema
- Injuries to the face and jaw
- Head injuries
- A severely bloated stomach
- Suspected or known increased pressure on the brain

Tell your healthcare professional if you have recently had any surgery on your eyes or ears where injections of gas have been used.

Take special care with ENTONOX

If you need to use ENTONOX for more than 24 hours at a time or more frequently than once every 4 days, your healthcare professional will take routine blood tests to ensure the ENTONOX has not affected your blood cell count or the way your body uses Vitamin B12. Inform your healthcare professional if you have accidentally taken Parquet (a type of weed killer), as there is a possibility of toxic effects to the lungs with a high concentration of Oxygen.

Pregnancy and breast-feeding

ENTONOX can be used for short term pain relief during pregnancy. Ensure that you tell your healthcare professional that you are pregnant before taking ENTONOX as they will advise you on the safe use of ENTONOX. ENTONOX can be used when breast feeding.

Taking other medicines

Please tell your healthcare professional if:

- You are taking Methotrexate for treating arthritis or cancer. Taking ENTONOX with Methotrexate may have an effect on your blood cell count
- You are taking medicines to treat anxiety or help you sleep such as diazepam or lorazepam. These drugs may increase the effect of ENTONOX
- You have been taking or prescribed Bleomycin (to treat cancer), Amiodarone (to treat an irregular heartbeat) or Nitrofurantoin and similar antibiotics (to treat infection), advise your healthcare professional before using ENTONOX as there is a possibility of toxic effects to the lungs

Tell your healthcare professional, if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Driving and using machines

If you have been given ENTONOX on its own for pain relief, you must wait at least 30 minutes after use before driving or using any machines. Ensure that your healthcare professional advises you whether it is safe for you to drive.

Instructions for use

- In a hospital or clinic ENTONOX will be given to you by a healthcare professional. They will ensure that your ENTONOX supply is suitable for your use and that the equipment has been set up correctly.
- To breathe your ENTONOX you will be either given a face mask or mouthpiece. The mask or mouthpiece is connected to a demand valve system which only delivers ENTONOX to you as you breathe in.
- ENTONOX will begin to take effect immediately when you start to inhale the gas. The effects of ENTONOX will quickly wear off once you stop breathing the gas. You will be able to control how much ENTONOX you use, depending on the amount of pain you experience.

Always use your ENTONOX exactly as your healthcare professional has shown you. You should check with your healthcare professional if you are not sure.

DO NOT SMOKE or have a naked flame near your ENTONOX gas cylinder. The ENTONOX will make a flame burn much more violently.

NEVER use oil based moisturising creams with your cylinder equipment. If using alcohol gels allow plenty of time for the alcohol gel to dry before handling your cylinder equipment. If you continue to inhale ENTONOX for too long, you will become very drowsy and the mask or mouthpiece will fall away as you relax and hence there is little risk of an overdose with ENTONOX when used correctly.

If you deliberately try to use too much ENTONOX it may eventually result in unconsciousness. If you become unconscious your ENTONOX supply will be turned off and you will be taken to an area where you can breathe fresh air.

If your breathing has stopped, your healthcare professional will provide the appropriate respiratory care and support.