

## CAN WE MAKE YOUR VISIT EASIER?

... putting people at the heart of everything we do ...

We want to make your visit to Ashford and St. Peter's Hospitals easier. Some things we can provide quickly, others may take time to arrange. Whatever your need – please ask for help.

We can provide interpreters for a variety of languages, information in larger print or Braille, plus audio and other formats.

If you require a translation please call: 01932 723553

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723 553 تماس بگیرید۔ Farsi

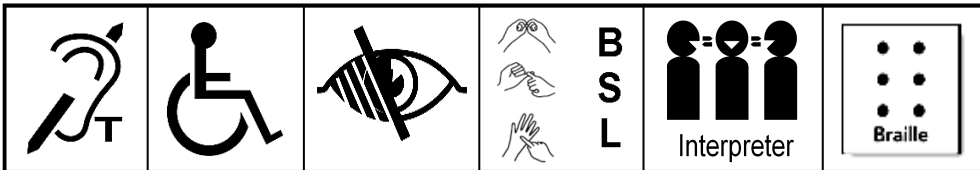
ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553 Punjabi

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723 553 پر رابطہ کریں Urdu

Se precisa de uma tradução por favor contacte: 01932 723553 Portuguese

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553 Hindi

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553 Bengali



## ENTONOX

Acute Pain Service

Ashford Hospital, London Road, Ashford, Middlesex, TW15 3AA.

Telephone: 01784 884488 Fax: 01784 884017

St. Peter's Hospital, Guildford Road, Chertsey, Surrey, KT16 0PZ.

Telephone: 01932 872000 Fax: 01932 874757

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

We are available:

**Monday to Friday between 08.00 and 17.00 hours**

**Sharon Kitcatt** - Consultant Nurse Acute Pain Service

**Harriet Barker** - Specialist Nurse Acute Pain Service

**Victoria Woolger** – Specialist Nurse Acute Pain Service

telephone **01932 872000** ask for **bleep 5042**

Additional information about Entonox can be found at

<http://www.entonox.co.uk>

Details regarding our hospitals, including information regarding the Department caring for you can be found by logging on to our website [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk) or the National NHS website [www.nhs.uk](http://www.nhs.uk) which includes an A to Z guide to health.

Our staff endeavour to provide an excellent service but we do recognise that there are times when you may have concerns. In the first instance please raise these with the Senior Nurse or Manager in charge when you are at the hospital. If they are unable to resolve your query satisfactorily please contact our Patient Advice and Liaison Service (PALS) on 01932 723 553 or e-mail [www.pals@asph.nhs.uk](mailto:www.pals@asph.nhs.uk).

Having done this, if you remain concerned our Complaints Manager can be contacted on 01932 722 612 or e-mail [www.complaints@asph.nhs.uk](mailto:www.complaints@asph.nhs.uk)

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Please tell the nurse know if you still have pain after you finish using the Entonox.

### **IS THERE AN ALTERNATIVE?**

If you are not able to have Entonox then alternative painkillers will be discussed with you by the nurses and doctors.

### **WHAT ARE THE RISKS/BENEFITS INVOLVED IN THE USE OF ENTONOX?**

#### **RISKS**

There is minimal risk involved with the administration of Entonox.

The main concern is that the gas might get trapped in the body - **this is only** a problem if you have specific medical conditions. The nurses will carefully assess you before you have the Entonox and **will not** give it if there is any risk that this may happen.

You may also become very sleepy. A nurse will be with you all the time when you are using Entonox and will take it away if this happens. You will wake up very quickly after the Entonox is stopped.

#### **BENEFITS**

The quick acting pain relief provided by Entonox, with minimal after effects.

### **FURTHER INFORMATION**

If you have any questions or concerns regarding pain relief either before or after your operation, and would like to discuss these, then please contact the Acute Pain Service.

## WHAT IS ENTONOX

Entonox is a gas that you may be offered to help you manage your pain, during some treatments (e.g. changing a dressing, putting on a plaster cast, etc.).

It consists of 50% Oxygen and 50% Nitrous Oxide. Nitrous Oxide is sometimes used for anaesthetics but in this combination it works as a short acting painkiller.

Entonox is sometimes called 'Gas and Air' and is most commonly used by women during labour.

As Entonox is short acting it can be used as a painkiller for any treatment that requires short-term pain relief or it can be used whilst waiting for other painkillers to work.

## ARE THERE ANY SIDE EFFECTS?

Entonox can make you feel drowsy and a little light-headed. Other possible side effects include dizziness, nausea and a dry mouth.

All these sensations disappear rapidly after you stop using Entonox.

Most patients find that if they persevere and concentrate on breathing slowly then they quickly get used to these sensations.

However if, when you are practising using the Entonox, you decide you do not like the effects, tell the person giving it to you and an alternative painkiller can be arranged.

## HOW DO I USE IT?

Before you can be given Entonox the nurse will complete a checklist with you to make sure that it is appropriate for you to use.

Please tell the nurse if you:

- Have, or have recently had, an ear infection, or an operation on your ears
- Have recently been scuba diving
- Are pregnant, or believe you may be pregnant
- Have emphysema or chronic breathing problems (e.g. chronic bronchitis or chronic asthma)

You will be shown the Entonox equipment and be able to practice before the treatment starts.

Once you start you will be able to decide when and how often you want to use it.

You should start using Entonox 1-2 minutes before the treatment starts to allow time for it to work. To get the best effect you need to take slow breaths slightly deeper than normal.

## WHAT CAN / CAN'T I DO AFTERWARDS?

After using Entonox the effects should wear off quickly. However we advise that you should be cautious about getting up and walking around until your balance has fully returned.

You must wait a minimum of 30 minutes before attempting to drive but this will be longer if you have been given other medicines that might cause sedation or drowsiness.. You will be required to sign a form to confirm that you feel competent to drive before going home.