

## Patient information Leaflet

### Entonox using in colonoscopy

#### **What is Entonox?**

It is an option offered for easing pain also called 'gas and air'

It is also commonly used for pain relief during labour

It's a mix of nitrous oxide (laughing gas) and oxygen

You breathe it in through a mouthpiece

The amount used is controlled by the patient and depending on the discomfort

#### **What are the advantages of Entonox use during colonoscopy?**

Entonox is offered as an alternative to sedation and pain killers

It is particularly offered if there is no aftercare available to enable use of sedation

While the dose of sedatives used is optimised for safety, Entonox is considered safer than sedation

Recovery time post procedure may be shorter with use of Entonox

You will be able to drive or return home after your colonoscopy without an escort if using Entonox

#### **When is Entonox not offered?**

It must be avoided if you have a pneumothorax

It is avoided in those with bowel obstruction

It should not be given if you have recent head injury

It should be avoided following a recent dive

It is avoided in patients with COPD or other long-term lung conditions

It is avoided in patients who are on methotrexate

It is avoided in patients who has had recent middle ear or retinal surgery

#### **Any side effects to using Entonox?**

As the amount used is controlled by yourselves and often reactive the amount of discomfort

It is important to take in slow deep breaths while using Entonox and if you are very anxious you may find this difficult

Most side effects are minimal and wear off quickly and included nausea or light headedness

#### **What are the alternatives to using Entonox?**

Common alternative to Entonox is the use of sedatives (midazolam) and pain killers (fentanyl)

You will need someone to take you home after the procedure and be accompanied for 24 hours.

You should not drive or work for 24 hours after receiving sedation

The dose used for sedation is determined by endoscopists ensuring safety

**Does Entonox have impact on environment?**

Entonox is a greenhouse gas

The global warming potential of Entonox is 300 times that of carbon dioxide

When used in healthcare, up to 60% of Entonox escapes into the atmosphere

It remains in the atmosphere for 110 years once released

Endoscopy departments are looking at ways to minimise overall Entonox use and reduce environmental leakage

You may wish to avoid using Entonox to minimise harm to the environment and if so please inform your nurse or endoscopist.