

# Entonox and Your Child

**The leaflet aims to answer your questions about taking Entonox to treat your child's pain. If you have any questions or concerns, please speak to a doctor or nurse caring for you.**

## What is Entonox?

Entonox is a well-established form of pain relief. It is a mixture of two gases – 50% oxygen and 50% nitrous oxide. It is widely used in children and adults and is more commonly known as gas and air. Entonox is used to control pain and anxiety during procedures that may be painful or frightening.

## How does my child take the medicine?

Entonox is a self-administered medication, meaning your child is in control of the amount of medication they receive. It is administered through a mouthpiece, placed between their teeth with their lips closed around it. Your child then simply has to breathe in and out normally to benefit from the effects of the medication. Entonox only works when you breathe it in, therefore your child needs to keep breathing in the gas during the procedure. If they stop, the effect of the Entonox will wear off very quickly.

## Are there any side effects?

Entonox is a very safe form of pain killer and side effects are rare. It can make people feel a little drowsy and light headed. When this happens, people tend to breathe in less of the gas and the unwanted effects then wear off quickly.

It can also make some people feel nauseous, complain of dizziness and a dry mouth. Again, as the effects of the Entonox are short lived, these side effects wear off rapidly once the gas is stopped.

You may notice your child is a bit unsteady for five to ten minutes after using the Entonox, this is normal. Some children will become euphoric and giggly when using Entonox, this is where the name 'laughing gas' came from.

## Is there anything else I need to know?

Entonox may be offered to your child for procedures such as blood tests, cleaning and stitching wounds or for the treatment of broken bones. Sometimes the pain relief provided by Entonox is not enough for your child. If this is the case, the procedure will stop and an alternative form of pain relief will be sought.

In St George's, we have a training programme for staff administering Entonox. Only nurses and doctors trained in the use of Entonox will administer it.

## Contact us

If you have any questions or concerns, please contact the Emergency Department on 020 8725 2666 and ask to be put through to the Paediatric Emergency Department.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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