

**THE MOST IMPORTANT
THING WE DO IS PROVIDE
THE BEST HEALTHCARE
AND MEDICAL SERVICES
FOR OUR PATIENTS
IN A CARING AND TIMELY WAY**

For any further
information on your
appointment or our services,
please call our booking office
number on

0113 249 4655

or email us on

email@livingcare.co.uk

where our friendly and
efficient staff will do
their very best
to assist you



**YOU CAN FIND ALL INDIVIDUAL CLINIC MAPS,
DIRECTIONS AND BUS ROUTES ON
WWW.LIVINGCARE.CO.UK
UNDER 'PATIENTS'**



LivingCare is the trading name for Fountain Diagnostic Limited and Leodis Care Limited. Fountain Diagnostic Limited whose registered office is at 96 Marsh Lane, Leeds LS9 8SR and registered number is 05814528. Leodis Care Limited whose registered office is at 5-7 East Park Road Leeds LS9 9JD and registered number is 06442564



**A GUIDE
FOR
PATIENTS**

Entonox

**YOUR COLONOSCOPY
APPOINTMENT AT LIVINGCARE.**



WHAT IS ENTONOX?

Entonox is a gas that you may be offered to help you manage your discomfort/pain during some bowel investigations. 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 during child birth. As Entonox is short acting it can be used as a painkiller for any treatment that requires short-term pain relief.

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.

IS THERE AN ALTERNATIVE?

If you are not able to have Entonox then an alternative painkiller will be discussed with you by the Nurses and Doctors.

In compiling this leaflet a number of articles have been used including:

- ENTONOX Conquering Procedural Pain (www.entonox.co.uk)
- British Society of Gastroenterology Endoscopy News July 2010
- British Society of Gastroenterology Safety and Sedation During Endoscopic Procedures 2003 (www.bsg.org.uk)

HOW TO USE IT.

As part of your admission the Nurse looking after you will complete a checklist to make sure it is appropriate for you to have Entonox.

Please tell the Nurse if you have recently had;

- Eye surgery (with gas bubble insertion).
- Head injury with impaired consciousness.
- Facial injuries.
- Heavy sedation.
- Previous laryngectomy.
- Pneumothorax (collapsed lung), lung surgery, chest drain.

You will be shown the Entonox equipment and the Nurse will explain how 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.

WHAT ARE THE RISKS/BENEFITS?

Benefits:

- You will be in control.
- The pain relief effects are rapid.
- There are no long lasting side effects.

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 Nurse will carefully assess you before you have the Entonox and will not give it if there is any risk that this may happen.

If you have any questions or concerns regarding Entonox either before or after your procedure then please discuss these with the nursing staff on the day of your appointment.

**MISSED PATIENT APPOINTMENTS
ARE COSTING THE NHS
A HUGE 7 BILLION POUNDS
PER YEAR!**

If you are unable to make your appointment - please contact us on **0113 249 4655** or text **07713 198617** and we will happily rearrange or cancel for you.



