

# Equanox

## Acute Pain Service Patient Information Leaflet

### What is Equanox?

Equanox is a medication that you may be offered to help you to manage your pain during some procedures (such as changing a dressing or removing stitches) or if you are giving birth. It is sometimes called 'gas and air'.

Equanox is made up of 50 per cent oxygen and 50 per cent nitrous oxide. Nitrous oxide is sometimes used for anaesthetics but in this combination with oxygen, it works as a short-acting painkiller.

Equanox can be used as a painkiller for any treatment that requires short term relief from pain or it can be used whilst waiting for other painkillers to work.

### How is it used?

Before your procedure starts, you will be shown how to use the Equanox equipment and will be able to practise using it. You breathe the Equanox in through a mask or mouthpiece which you hold yourself.

You should start using Equanox one or two minutes before the treatment starts, to give it time to work. To get the best effect, you need to take slow breaths, slightly deeper than normal, through the mask or mouthpiece.

## What are the benefits of using of Equanox?

Equanox is a fast acting and effective pain reliever with very few side effects. It is easy to use and you can control it yourself, under the supervision of the trained nurse looking after you.

## What are the risks?

Equanox can make you feel dizzy, lightheaded and disorientated. Other effects include blurred vision and a dry mouth. Other less common side effects include nausea and vomiting (feeling sick and being sick).

You may become very sleepy while you are having the Equanox. A nurse will be with you throughout the procedure and will take the Equanox away if this happens. You will awaken very quickly once the Equanox is stopped.

All these sensations disappear rapidly after you stop using Equanox. However, if you do not like the effects of the Equanox during your practice session, you must tell the nurse looking after you and we will offer you an alternative painkiller.

## What are the alternatives?

If you are not able to have Equanox, or you do not want it, the nurse and doctor looking after you can discuss an alternative painkiller with you.

## What should I do after using Equanox?

After using Equanox, any side effects will wear off quickly but you are advised not to walk around for 30 minutes after you stop using it.

You must tell the nurse if you still have pain after the procedure.

**You must not drive or operate machinery for 12 hours after having Equanox.**

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Lead Nurse, Acute Pain Service on 01384 456111 ext. 2845  
(9am to 5pm, Monday to Friday)

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/pain-management/>

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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