

## Further information

The gas cylinders remain the property of the company that supplied them.

All other equipment provided is the property of Bridgewater Community Healthcare NHS Foundation Trust. You will be liable for any loss or damage.

**Remember, this treatment is for you. It may harm someone else if they receive it even if their symptoms appear to be the same as yours. Do not give this treatment to anybody else.**

Please keep this leaflet. You may wish to refer to it again.

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.



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**Bridgewater  
Community Healthcare**  
NHS Foundation Trust

## Midwifery Services

**Safe storage of Equanox® / Equinox®  
cylinders in your home**

## What is Equanox® / Entonox®?

You may know Equanox® / Entonox® as “gas and air”.

It is used to provide fast and powerful short term pain relief while you are in labour.

- It is supplied in a gas cylinder.
- It is a mixture of nitrous oxide and oxygen gases.
- It has no colour or smell.

A ‘demand valve’ on the cylinder allows you to control of how much gas and air you receive.

## Where should I store the gas and air cylinders?

You must store the gas and air cylinders:

- Flat where they cannot fall over
- In a cool place away from extreme heat or cold
- Under cover and kept clean and dry
- Away from grease and oil.

Your midwife will visit your home to check the cylinders have been delivered safely. They will also check that the cylinders are being stored correctly.

You **must** store the gas and air cylinder in a cool place for at least 24 hours before you use it.

## How do I use gas and air?

Your midwife will tell you how to use gas and air.

Your midwife **must** be with you when you are using gas and air, as using it unsupervised may lead to a serious harm.

## What are my responsibilities?

You **must** keep the cylinders in a safe place out of children’s reach.

You **must** ensure there is no smoking or naked lights where the cylinders are stored, as gas and air help things to burn.

You **must not** use the gas and air after the expiry date printed on the cylinders label.

While the cylinder is in your home it is your responsibility to inform:

- Your household insurance company
- The owner of the property if you are renting.

In the event of fire the fire brigade **must** be informed of the presence of medical gases.

## When will the gas and air cylinders be collected?

You will be contacted to arrange a date to collect the cylinders after you have had your baby. You **must** follow the same storage procedures for the used cylinders.