



Penthrox (methoxyflurane) for outpatient gynaecology procedures

You have been given this information to read as you have been offered Penthrox as a method of pain relief for your procedure. If you still have any questions, please ask the healthcare professional providing your treatment.

Important

Penthrox is a medicine used to relieve moderate to severe pain. It is licensed in the UK for pain caused by injury, but **it is not specifically licensed for outpatient gynaecology procedures**. Your healthcare professional may offer Penthrox to help manage your pain during your procedure. This is called “**off-label**” use. Your clinician will discuss the benefits and risks with you and check that Penthrox is suitable for you. **The choice is yours** – you can choose another pain relief option or ask for the procedure to pause or stop at any time.

What is Penthrox?

Penthrox contains methoxyflurane, a medicine that reduces pain when breathed in through a handheld inhaler. It has a characteristic fruity smell. You stay awake and in control at all times, as you hold and use the inhaler yourself while a trained member of staff supervises you.

Why might I be offered Penthrox?

Penthrox may be offered when moderate or severe pain is expected during an outpatient gynaecology procedure. These procedures can include:

- outpatient hysteroscopy, with or without a biopsy
- removal of a polyp or small fibroid
- insertion or removal of an intrauterine device or system (coil)
- endometrial ablation
- manual vacuum aspiration
- another procedure where additional inhaled pain relief may help

It may also be used with local anaesthetic. Penthrox may reduce pain, but it may not remove it completely.

What are my other options?

Your options depend on the planned procedure and your medical history. They may include simple painkillers such as paracetamol or ibuprofen, local anaesthetic, or arranging the procedure with sedation or anaesthesia in theatre. The team will discuss your choices with you.

Before your appointment

- You can eat and drink normally unless you have been given different instructions.
- Take the pain relief recommended in your appointment information, usually about 1 hour beforehand, (unless it is unsuitable for you).
- Bring an up-to-date list of your medicines, including over-the-counter and herbal medicines.
- Tell us if you may be pregnant, are pregnant or are breastfeeding.
- Arrange for someone else to bring you in and take you home and do not drive for the rest of the day.

Tell the clinical team before using Pentrox if you:

- have taken alcohol, recreational drugs, opioid painkillers, sedatives, sleeping tablets, or other medicines that make you drowsy
- have recently had, or soon expect to have, a general anaesthetic
- have used Pentrox recently, particularly within the last 3 months
- have any allergies

Pentrox must not be used if:

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- significant kidney impairment
- reduced consciousness from any cause
- significant breathing depression
- unstable heart or circulation problems
- a known allergy to methoxyflurane or another fluorinated anaesthetic
- susceptibility to malignant hyperthermia
- a relevant family history of severe reactions to inhaled anaesthetics
- previous liver damage after methoxyflurane or a related anaesthetic

How is Pentrox given?

A trained member of staff will prepare the inhaler and explain how to use it. The inhaler has an activated-carbon chamber that helps absorb the medicine as you breathe out.

- Place the wrist loop attached to the inhaler around your wrist.
- Seal your lips around the mouthpiece.
- Start with a few gentle breaths, then breathe in more deeply as needed.
- Breathe out through the mouthpiece.
- Use it intermittently and take only enough to control your pain.
- Tell the team immediately if you feel too drowsy, dizzy, unwell, or short of breath.

Pain relief usually starts to relieve pain after a few breaths. Only you may hold the inhaler to your mouth; nobody else should administer it for you.

Dose limits and repeated use

Tell healthcare professionals if you have received Pentrox in the last 3 months.

During the procedure

A member of staff will remain in verbal contact with you. You are in control of the inhaler and can pause or stop using it. You can also ask for the procedure to pause or stop at any time. If pain is not adequately controlled, the procedure may be stopped and another plan discussed.

What are the possible side effects?

Side effects are usually short-lived and improve after you stop using the inhaler. Common or clinically important effects include:

- dizziness, drowsiness, feeling light-headed or faint
- feeling sick, headache or altered mood
- cough or throat irritation
- dry mouth or an unusual taste
- reduced concentration, coordination, or memory
- a fall in blood pressure

Rare but serious effects

Tell staff immediately if you have difficulty breathing, severe drowsiness, swelling of the face or throat, a widespread rash, collapse, or any other sudden severe symptoms. High or repeated doses can harm the kidneys or liver, which is why strict dose limits and screening are used.

What happens afterwards?

You will stay in the department until you are alert, able to walk safely and are considered able to be discharged. Recovery is usually rapid, but some people need longer (but unlikely to be longer than 2 hours after the procedure). You will also receive the usual aftercare information for your gynaecology procedure.

Driving, work, and important decisions

Do not drive or use machinery until fully recovered.

Pentrox can temporarily affect concentration, coordination, and alertness. Follow the advice given by your clinical team.

Do not drive, cycle, operate machinery, drink alcohol, sign important documents or make important decisions while you feel drowsy, dizzy, or otherwise affected. Arrange for someone else to bring you in and take you home and do not drive for the rest of the day.

Where and when should I seek medical advice after going home?

Seek urgent medical help by dialling 999 if you develop difficulty breathing, facial or throat swelling, collapse, severe confusion, or a severe allergic-type reaction.

Contact the clinical team, NHS 111, or your GP if you have persistent vomiting, worsening dizziness or drowsiness, reduced urine, yellowing of the skin or eyes, dark urine, severe abdominal pain, or any symptom that concerns you.

For procedure-related symptoms, follow the separate aftercare leaflet and contact details provided by the clinic treating you.

Questions and contact details

Please ask a member of the ambulatory gynaecology or outpatient hysteroscopy team if anything in this leaflet is unclear or if you would like to discuss other pain-relief options.

Department: Ambulatory Gynaecology / Outpatient Hysteroscopy

Telephone: **0118 322 7191** Mon – Fri 8am – 4pm or **0118 322 8204** out of hours

Out of hours: NHS 111, or 999 in an emergency

Hospital: Royal Berkshire NHS Foundation Trust

Further information

This local leaflet should be read alongside the manufacturer's patient information leaflet supplied with Pentrox and the Royal College of Obstetricians and Gynaecologists information on outpatient hysteroscopy available at <https://www.rcog.org.uk/for-the-public/browse-our-patient-information/outpatient-hysteroscopy/> or by scanning the QR code.



To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

S Hazbun, RBFT Consultant O&G, October 2026

Next review due: October 2028

Outpatient Hysteroscopy Patient Satisfaction Survey

We would appreciate your comments on the service you received today to help improve our services. This data will also be used to compare our service with the results of others around the country; all data that is recorded by us or nationally is anonymous and untraceable. The answers you provide will be anonymous, completely confidential and your participation is voluntary. If you have any questions about this survey please ask a member of staff.

Before your consultation					
Did you receive any written information (e.g. a leaflet or instructions about where to get information, e.g. online) prior to your appointment?				Yes ☐	No ☐
Did you feel that the information was clear and understandable? (leave blank if you answered "No" to the question above)	Yes – I knew what to expect ☐	Yes – to some extent ☐	Not too sure ☐	No – wish I knew what to expect ☐	No – it was not useful ☐
Did you receive advice to take painkillers before the appointment?	Yes – took some ☐	Yes – did not take any ☐	No – wish I had ☐	No – no need ☐	
What did you think of the waiting area, reception and facilities?	Excellent ☐	Very good ☐	Good ☐	Fair ☐	Poor ☐

About your consultation today					
Staff explained things in a way I could easily understand.	Strongly agree ☐	Agree ☐	Neither agree or disagree ☐	Disagree ☐	Strongly disagree ☐
I felt able to ask questions and to discuss any worries.	Strongly agree ☐	Agree ☐	Neither agree or disagree ☐	Disagree ☐	Strongly disagree ☐
I was offered an opportunity to discuss pain relief.	Strongly agree ☐	Agree ☐	Neither agree or disagree ☐	Disagree ☐	Strongly disagree ☐
My questions were answered to my satisfaction.	Strongly agree ☐	Agree ☐	Neither agree or disagree ☐	Disagree ☐	Strongly disagree ☐
I felt involved in the decisions regarding my care.	Strongly agree ☐	Agree ☐	Neither agree or disagree ☐	Disagree ☐	Strongly disagree ☐
I was treated with respect and dignity.	Strongly agree ☐	Agree ☐	Neither agree or disagree ☐	Disagree ☐	Strongly disagree ☐
I was given enough privacy.	Strongly agree ☐	Agree ☐	Neither agree or disagree ☐	Disagree ☐	Strongly disagree ☐
All aspects of my care were dealt with confidentially.	Strongly agree ☐	Agree ☐	Neither agree or disagree ☐	Disagree ☐	Strongly disagree ☐
The staff were courteous and polite.	Strongly agree ☐	Agree ☐	Neither agree or disagree ☐	Disagree ☐	Strongly disagree ☐
I was given advice regarding my recovery and management plan.	Strongly agree ☐	Agree ☐	Neither agree or disagree ☐	Disagree ☐	Strongly disagree ☐

Your overall experience					
Overall, how was your experience of our service?	Excellent ☐	Good ☐	Fair ☐	Poor ☐	Very poor ☐
I would choose this way of having the procedure if I were in the same situation again?	Strongly agree ☐	Agree ☐	Neither agree or disagree ☐	disagree ☐	Strongly disagree ☐

Please indicate (✓) what would be the worst level of discomfort or pain you might experience (or used to experience) during a period on the same scale of 0-10:

0	1	2	3	4	5	6	7	8	9	10
No pain			Moderate pain					Worst pain		

Your experience (considering your expectations of today's consultation)

Did you feel distressed?	Not at all ☐	Slightly ☐	Somewhat ☐	Mostly ☐	Constantly ☐
Did you feel pain?	Not at all ☐	Slightly ☐	Somewhat ☐	Mostly ☐	Constantly ☐
Did you feel in control?	Not at all ☐	Slightly ☐	Somewhat ☐	Mostly ☐	Constantly ☐
Did you feel embarrassed?	Not at all ☐	Slightly ☐	Somewhat ☐	Mostly ☐	Constantly ☐
Did you feel anxious?	Not at all ☐	Slightly ☐	Somewhat ☐	Mostly ☐	Constantly ☐
Did you feel faint?	Not at all ☐	Slightly ☐	Somewhat ☐	Mostly ☐	Constantly ☐

Please indicate (✓) what level of discomfort or pain you experienced during the procedure on a scale of 0-10:

0	1	2	3	4	5	6	7	8	9	10
No pain			Moderate pain					Worst pain		

Please indicate (✓) How would you rate the care you received? On the same 0-10 scale:

0	1	2	3	4	5	6	7	8	9	10
Bad			Neither good nor bad					Excellent		

Any further comments on your experience or suggestions for improvement?

Staff use only: (Please tick all that apply)	
Diagnostic Hysteroscopy+/- biopsy ☐	Myomectomy ☐
Hysteroscopic biopsy ☐	Endometrial Ablation ☐
Hysteroscopic polypectomy ☐	Other (Please Specify) _____
Insertion/Retrieval of IUCD/Mirena IUS ☐	Staff code _____