

Using PENTHROX® ("The Green Whistle") for IUD Insertion



Care
Education
Advocacy

What is PENTHROX®?

- PENTHROX® is a medicine that helps reduce pain.
- It won't take the pain away completely but can make it easier to cope with.
- It belongs to a group of medicines called inhalation anaesthetics.

How do you use it?

- PENTHROX® comes in a small green inhaler – this is why it's often called "the green whistle."
- You breathe in through the inhaler to get pain relief.

How long does the pain relief last?

PENTHROX® works quickly while you are breathing it in. The effect fades within a few minutes once you stop. It is designed for short-term pain relief during the procedure, not afterwards.

When can I use it?

- If you would like PENTHROX® for your IUD insertion, we will book your procedure at our Box Hill clinic.
- You'll be shown how to use the inhaler and we'll monitor your blood pressure and oxygen levels during and after the procedure.
- You'll spend about 50 - 60 minutes with the doctor and nurse, but please allow up to 2 hours for your appointment.

Do I need a prescription?

- Yes. PENTHROX® is available on private prescription from the chemist.
- Please buy it before your appointment and keep it unopened in a safe place out of reach of children and pets.

What does it cost?

PENTHROX® is available as a private prescription. Cost can vary between chemists but is usually between \$65-75.

Important things to know

- You cannot drive for 24 hours after using PENTHROX®.
- Side effects may include:
 - ✧ Drowsiness
 - ✧ Nausea or vomiting
 - ✧ Low blood pressure
 - ✧ Cough or asthma symptoms
 - ✧ An unpleasant smell (some people strongly dislike the odour)
- Rare but serious risks include:
 - ✧ Kidney damage
 - ✧ Malignant hyperthermia (a rare but life-threatening reaction to anaesthetics, requiring urgent hospital care)

You must not use PENTHROX® if you:

- Have an allergy to methoxyflurane or other inhalation anaesthetics
- Have (or are at risk of) malignant hyperthermia – this may run in families and can cause high fever, irregular heartbeat, muscle spasms, or breathing problems when given anaesthetics
- Have heart disease
- Have kidney disease or reduced kidney function
- Have breathing difficulties
- Have had a head injury

Is it safe to use when breastfeeding?

- PENTHROX® is safe to use while breastfeeding.