

Penthrox “green whistle”

Penthrox is an inhaled pain-relief medication that you breathe in through a small handheld device, commonly known as the ‘Green Whistle’. It contains a medicine called methoxyflurane, which is a type of anaesthetic.

Penthrox can help reduce pain during procedures such as IUD insertion, but it does not give complete pain relief for everyone.

How do I use Penthrox?

Penthrox is self-administered, meaning you control when to use it. A nurse or doctor will look after you while you use it.

To use the device, place the mouthpiece between your teeth, close your lips around it, and breathe normally through the mouthpiece.

You will usually start to feel the effects after 6 to 10 breaths. Once it begins to work, you can inhale as needed – either continuously or when you feel more pain. Pain relief will continue for several minutes after you stop inhaling.

Penthrox has a fruity taste and smell, which you will get used to as you breathe it in

What are the possible side effects?

Like all medications, Penthrox can cause side effects, although not everyone will get them. Common side effects may include:

- Dizziness or light-headedness
- Drowsiness
- Headache
- Nausea (feeling sick) or vomiting
- Cough
- Flushing or tingling skin

Tell your nurse or doctor immediately if you get severe, unexpected, or persistent side effects.

Who should not use Penthrox?

Penthrox may not be suitable for everyone. You should not use Penthrox if:

- You are allergic to methoxyflurane or any inhaled anaesthetics.
- You have a history or family history of malignant hyperthermia (a rare life-threatening reaction to anaesthetics).
- You have previously had liver damage from methoxyflurane or other inhaled anaesthetics.
- You have severe liver or kidney problems.

After using Penthrox

The effects of Penthrox wear off quickly, and most people can go home soon after their procedure.

If you are driving, you will need to remain in the clinic for 30 minutes after your procedure for observation.

Do not drive, operate machinery, or do tasks needing concentration until you feel fully recovered from the effects of the medication.

If you have persistent dizziness, severe nausea or vomiting, difficulty breathing, rash, or any other concerning symptoms after leaving the clinic contact us on **1300 888 022**, or seek medical advice.

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