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Penthrox: A game-changer for pain management in outpatient gynecology

Abstract:

Pain management in outpatient gynecology procedures is crucial for patient comfort and procedure success. Penthrox (methoxyflurane), an inhaled analgesic has been widely in conscious patients with trauma in Accident and Emergency services, but its application in Gynecology remains underexplored. Methoxyflurane is a fluorinated anesthetic however the dose in Penthrox inhaler is in significantly lower doses than required for a general anesthetic, thus minimizing nephrotoxic risk by reducing fluoride accumulation. Penthrox can be offered to women having ambulatory gynecology procedures where moderate to severe pain (pain score >4/10) is expected and where Entonox and paracervical block are currently used like:

- Outpatient hysteroscopy, polypectomy, fibroid resection using MyoSure tissue retrieval system
- Outpatient Endometrial ablation (Thermablate/ NovaSure)
- Insertion/retrieval of Intrauterine device
- Manual vacuum aspiration (MVA)
- Cystoscopy urogynaecological procedures like removal of impacted pessaries

Penthrox is contra-indicated in patients with severe renal impairment, hypersensitivity to methoxyflurane, genetically predisposed malignant hyperthermia, liver dysfunction after halogenated anaesthetics and those requiring repetitive high dose exposure. Penthrox is also contraindicated in patients with altered consciousness from head injury, substance use or alcohol and in those with cardiovascular instability or respiratory depression. Common side effects of Penthrox include dizziness, headache, nausea, dry mouth, somnolence, cough, euphoria, fatigue and mild hypotension. Use Penthrox with caution in elderly patients and patients with risk factors for renal and hepatic impairment. Penthrox provides a promising, fast-acting solution for pain relief in outpatient procedures, which can be self-administered by the patient offering a sense of self-control.

Biography

Lovely Thomas is graduated with MBBS and MS in Obstetrics and Gynecology from Government Medical College Trivandrum, Kerala, India, which is a prestigious institution established in 1951. She has successfully passed the MRCOG examinations conducted by Royal College of Obstetricians and Gynecologists and earned the MR-COG degree. She currently works at Calderdale and Huddersfield NHS Trust Hospital, UK. Dr. Thomas has presented at various regional and international conferences, including the RCOG World Congress and has published in reputable medical journals. She is dedicated to advancing women's health through both her clinical expertise and academic contributions.