



3/86 Quambone Street, Worongary, QLD 4213 PH: 5530 7921

HYPERBARIC OXYGEN THERAPY CHECKLIST

When scheduled for Hyperbaric Oxygen Therapy (HBOT) treatment **please arrive at least 15 minutes** before your scheduled treatment time to ensure you have time for the following:

1. To change your clothes (these can be provided by the clinic), otherwise you may choose to bring clean pyjamas or clothing that is 100% cotton
2. For one of our technicians to check your temperature, blood pressure, heart rate, blood sugar and breathing if required.
3. To give medications if required
4. To allow time to review Hyperbaric Oxygen Therapy Procedures

PLEASE NOTE

If you are late for your appointment, we may need to reduce your treatment time or cancel your treatment. If you are repeatedly late or, are absent for your appointment without adequate notice, we may remove you from the program.

Sometimes emergencies occur and make it necessary for us to change your treatment time. We apologise for this inconvenience and will work to minimise any disruption this may cause to your day.

If you require special assistance in order to get to your Hyperbaric appointment or require additional time to prepare (dress etc), please add extra time before your scheduled appointment and make arrangements for a family member or friend to provide you assistance. It is our endeavour to ensure you receive your full treatment in the designated time period.

PLEASE FOLLOW THESE SAFETY PRECAUTIONS BEFORE TREATMENT

1. Please remove any jewellery or metal from your body and for women, please remove your bra.
2. Use the supplied Hyperbaric clothing provided or use your own 100% cotton clothing
3. If you are diabetic, check your sugar levels and be equipped with own treats should you require.
4. Inform staff if you are wearing any medication patches (Nicotine, Nitroglycerin, pain relief)
5. Make sure you empty your bladder just before treatment.

6. Let your technician know on your treatment day if there are any changes to your medical condition.
7. Please advise the technician if you have any fears or concerns prior to entering the chamber
8. Have something small to eat at least 30 minutes prior to entering the chamber to ensure blood levels do not drop during treatment.