

HYPERBARIC OXYGEN THERAPY UNIT

PATIENT OPD CARD AND INSTRUCTION GUIDE

Latest Technology
International Standard
Trained & Certified Team



The first Hyperbaric Treatment Centre set up in a private hospital in 2000.

Patient Name

Age / Sex ID No.

Diagnosis

Ref. By

Carry this card daily during your hyperbaric treatment



Instruction before you start your hyperbaric treatment

WHAT TO WEAR

Cotton clothing are preferred inside the chamber to prevent static and therefore minimize any fire risk.

Patients are encouraged not to wear jewellery, as it makes the application of hoods and masks more difficult. There are lockers available to you for your valuables and you may carry the key with you in the chamber.

MEDICAL RECORDS

Please get your hyperbaric prescription and other medical documents with you for our records.

SMOKING & ALCOHOL

Do not drink soda or anything carbonated such as Coke within 1 hour to the start of your treatment as this could cause stomach pain. Avoid food and drinks with caffeine too.

Do not smoke or drink alcohol during the course of your treatment. Smoking reduces the amount of oxygen your blood can carry and will reduce the effectiveness of the treatment.

MEDICATIONS

If you have diabetes, ensure you check your blood sugar levels normally as you do and report any anomalies to hyperbaric staff.

Please discuss your medications with the hyperbaric physician. Should you change your medication during the course of your hyperbaric treatment please notify the hyperbaric staff.

ILLNESS

If you experience the symptoms of cold or flu such as fever, sore throat, nausea, vomiting or headache, please notify it to the hyperbaric staff.

Please arrive 15 minutes before your scheduled treatment time.

What to experience during hyperbaric treatment ?

HYPERBARIC PRESSURIZATION

When the chamber is sealed; the chamber is pressurized. You may feel a rise in the temperature. You will hear sound like hissing or a waterfall. You will feel a fullness in your ears as your eardrum is exposed to the pressure change. This feeling is similar to that felt in an airplane.

It is important that you declare pain and discomfort immediately, so as not to cause damage to your eardrums. Clear your ears by 'swallowing, yawning and valsalva technique. A nurse with hyperbaric qualification will always accompany you inside the chamber.

The expected time for pressurization is 10-15 min

TREATMENT PHASE

Upon reaching the prescribed treatment pressure, technologist will notify you to 'on oxygen'. You will not have to clear your ear now and the chamber temperature will normalize. After 30 minutes of treatment, you will be given an air break of 5 minutes . Your hood or mask will be removed and will again be applied for next 30 minutes.

The time for treatment phase is 60 min

HYPERBARIC DEPRESSURIZATION (END OF TREATMENT)

During decompression, the chamber temperature will become cooler .Do not hold your breath and breathe normally during depressurization. If you feel fullness in your ears , you have to swallow and yawn or drink water. DO NOT VALSALVA. If you feel any pain, notify to the technologist

When the chamber is fully depressurized, you will hear rapid hissing sound and chamber door will be opened.

The expected time for depressurization is 10-15 min

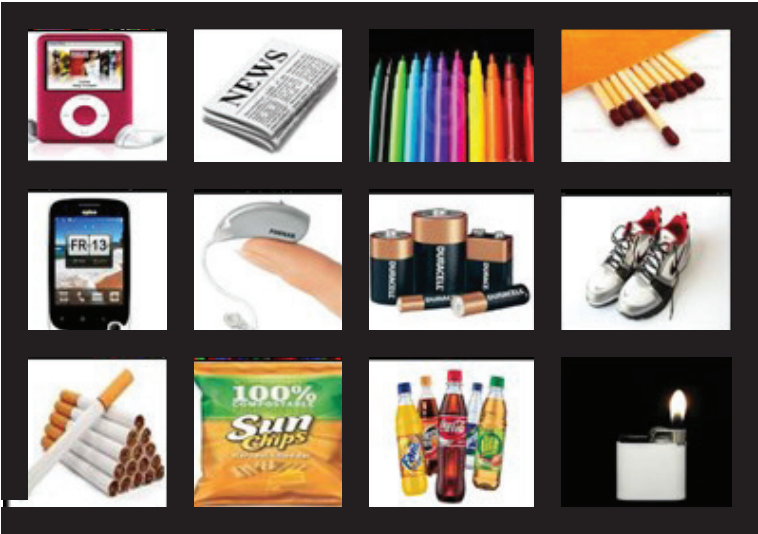


You will be monitored at all times during your hyperbaric treatment.

Do's and Dont's of hyperbaric treatment

ITEMS NOT ALLOWED INSIDE THE HYPERBARIC CHAMBER

The increased pressure and oxygen in a hyperbaric environment increases the risk of potential fires. As a result of this there are certain items that may not be brought into the chamber as they may increase the risk of fire.



Mobile phones	Cigarettes	Make-up	Perfumes
Music Player	Newspapers	Lotion or Oil	Eatables
Shoes	Hearing aids	Lighter	Electronics

Note: If you have any implanted devices (pacemakers), please notify the hyperbaric staff.

ITEMS ALLOWED INSIDE THE HYPERBARIC CHAMBER



You can wear your eyeglasses, take magazines inside the chamber. You can take bottle of water to drink.

We want to ensure your safety and request your help in ensuring that none of the above items are ever taken inside the chamber.

Frequently asked questions

How long does each treatment last?

A typical treatment lasts between 1^{1/2} to 2 hours. The number of treatments you will need depends on why you are having hyperbaric oxygen therapy.

One important rule to remember: NEVER hold your breath whilst inside the hyperbaric chamber

What do I have to do during the treatment?

You do not have to do anything during the treatment. During the treatment you may sit or lie on your back and you can adjust your position if you wish to.

Are there any risks of infection in the chamber?

No, hospital disinfection policy is thoroughly followed. Hoods and masks are cleaned with disinfecting agent after every use. Also the chamber is ventilated with disinfectant spray if there are any sources of infection.

Will my insurance cover treatment costs?

Insurance companies vary slightly in their coverage. However, they usually only cover certain conditions, typically only what's on their "approved indications" list. But this is not true in all cases and in all states. Check with your insurance carrier for more information.

Are There Any Restrictions After HBO Treatment ?

After treatment, we recommend that you do not fly or travel to areas with increased altitudes for 24 hours after the end of your (daily) treatment. In addition to restrictions on flying you should not drive or otherwise travel to higher altitudes for 24 hours after the end of your (daily) treatment.

How is my Confidentiality maintained ?

We recognize the importance of the proper use, storage, accuracy and disclosure of our patient's health information. We undertake to respect and protect the privacy of all patients and staff.

How do I contact the hyperbaric facility ?

Your treatment sessions will be scheduled when you start hyperbaric. For any issues related to your treatment contact Hyperbaric Oxygen Therapy unit at 011-29872029

you may also visit our website :- www.hyperbaricindia.com

Your Hyperbaric Treatment Record

Total number of therapies taken___

Wishing you a Rapid Recovery