



## Hyperbaric Oxygen Therapy (HBOT) – What to Expect

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### Sparrow Wound and Hyperbaric Clinic

Based on your diagnosis, your provider has recommended Hyperbaric Oxygen Therapy, commonly referred to as HBO or HBOT. In addition to the document titled Patient Guide to Hyperbaric Oxygen (HBO) Therapy, we want to provide you with this resource. Please read both carefully and refer to them as needed.

For your safety and the safety of our staff, our HBO technician will follow specific procedures before, during, and after every HBO treatment or “dive”. This is our standard of care and in place so that you receive the best care possible.

- Arrive 30 minutes prior to your treatment time. This will allow time for you to change into a gown, for the provider to check your ears, and for the technician to perform pre-dive procedures.
- Before arriving, eat a good meal or snack consisting of lean proteins and some carbohydrates. The protein keeps your blood sugar stable while the carbohydrate raises it enough to get you to a safe level for treatment. If you are diabetic, your glucose (blood sugar) level must be between 150 and 250. This is because diving tends to lower glucose levels. The average drop in glucose level following treatment is 50 points.
- Take any prescribed pain or anti-anxiety medications before leaving home or prior to arrival.
- Notify the technician if you have symptoms of a cold, flu, sore throat, nausea, vomiting, headaches, diarrhea or generalized body aches. These symptoms may require a temporary delay in your treatment. Call the clinic at 517-364-7786 to discuss these symptoms with the hyperbaric technician.

### GENERAL PROCESS

The general process on each dive day is as follows:

1. You will be asked to change into a 100% cotton clinic-provided gown (a locker will be provided for your personal belongings). Do not take anything else into the chamber.
2. The provider will check your ears. If you are diabetic, the technician will check your glucose level.
3. The technician will perform the safety check list and perform other pre-dive procedures as necessary.
4. You will lie on a table that slides into the monoplace (one person) chamber. Our chambers are clear plastic at the head and waist and solid at the feet. The tube is about 7 feet long.
5. The procedure is painless. You will be asked to relax and breathe normally during the procedure. You can watch TV or a movie while inside the chamber.
6. You will be able to talk to the technician at any time during the treatment. The technician can see you and talk to you at all times.
7. When the chamber door closes it is filled with pressurized oxygen.
8. The pressure will rise to 2.0-2.5 times the normal air pressure, depending on what your doctor has recommended. It takes about 15 minutes to achieve the goal pressure. Your ears may pop and you may have mild discomfort. This is normal. Let your technician know of any symptoms you are experiencing as you are experiencing them. He or she will teach you how to relieve this pressure and will adjust the rate of compression according to your tolerance level.
9. The session will typically last 2 – 2.5 hours.
10. After the therapy, the technician will slowly depressurize the chamber and will then open the door. Again, your ears may pop and you may have mild discomfort. This is normal. Let your technician know of any symptoms you are experiencing as you are experiencing them. He or she will teach

you how to relieve this pressure and will adjust the rate of compression according to your tolerance level.

## **SAFETY STANDARDS**

For your safety and ours, we follow strict safety standards:

- No fabrics other than 100% cotton are allowed. Gowns will be provided for you.
- No personal clothing may be worn inside the hyperbaric chamber.

## **THE FOLLOWING ITEMS ARE NOT ALLOWED IN THE CHAMBER:**

- Shoes
- Matches or Lighters
- Cigarettes
- Velcro
- Jewelry, Watches, or Coins
- Reading Materials
- Prosthetic Devices
- Hand or Foot Warmers
- Thermal Patches
- Mustache Wax
- Scalp Preparations
- Ointments
- Alcohol- or Petroleum-based products
- Any device with an external battery (i.e. hearing aids, temporary pacemakers, radios, etc.)
- Makeup
- Hair oil
- Wigs/Weaves
- Liniment
- Perfume/Cologne
- Lipstick
- Hairspray
- Hair pieces
- Aftershave
- Nail Polish/Artificial Nails
- Deodorant
- Non-gas Permeable Contact Lenses.

The basic rule of thumb for items allowed into the chamber is this: "If God did not give it to you or our tech did not give it to you, it does not go into the chamber".

## **QUESTIONS?**

Should you have questions at any time during the course of your treatment, please feel free to call the HBOT room directly at **517-364-7786** or Christene Blower, Program Director, at **517-364-7784**.