



JASLOK HOSPITAL

Instructions to Patients

Please read these recommendations before your first HBOT treatment:

- 1) You will be provided 100 % cotton garments for your treatment.
- 2) Do not wear perfume, deodorant, oil-based make-up or lotion, nail polish or hair spray. Basically, you should get out of the shower, dry off, and come in for your treatment.
- 3) Remove watches and jewelry, and leave all valuables at home.
- 4) No hard contact lenses, purses, newspapers or glass items are allowed in the chamber. However, reading glasses and soft contact lenses are allowed.
- 5) No lighters, hand warmers, CD-players, radios, pocket games, cameras, hearing aids, or other battery powered devices.
- 6) **Medications:** Some medications are not compatible with hyperbaric oxygen therapy. Provide the doctor and staff with a complete drug history. Each drug a patient is taking will be considered individually in relation to HBOT and if changes in either medication or schedule are necessary, the patient's physician will be advised.
- 7) **Cold and flu symptoms:** It is important to notify the hyperbaric staff of a cold or the flu – including fever, cough sore throat, runny nose, fever blisters, cold sores, nausea, vomiting, diarrhea or general body aches. It may be difficult for patients to clear their ears when these symptoms are present. The HBO treatments may be postponed until the patient's symptoms have subsided and he or she is cleared to resume treatments.
- 8) **Smoking:** Nicotine is another substance that is incompatible with hyperbaric oxygen therapy. Once HBOT has been prescribed, the patient will be encouraged to stop smoking until the therapy is complete. This “no smoking” rule applies to all forms of tobacco use.