Colorado Center for Hyperbaric Medicine

Patient Instructions

Please Read Carefully

We need to know if you develop any of the following:

- Develop a cold, the flu, nasal or chest congestion
- If there is any possibility, you may be pregnant
- Develop diarrhea
- Develop nausea or vomiting
- Develop an ear or sinus infection
- Change medications
- Have not eaten breakfast
- Are diabetic and did not take your insulin

Hyperbaric Safety Requirements (these will be strictly enforced)

1. We will provide you daily with fresh 100% cotton scrubs.
2. No street clothes or shoes will be allowed in the chamber.
3. Small children will have 100% cotton pajamas.
4. No grease or oils, such as body lotions, lipstick or hair oils, wet nail polish, hair spray, perfumes, makeup or hair preparations are allowed in the chamber.
5. DO NOT use any petroleum base products such as Vaseline etc. prior to therapy session.
6. DO NOT use alcohol for skin care.
7. Please remove: watches, wigs, jewelry, prostheses, and hearing aids.
8. No carbonated drinks for at least two hours prior to your treatment.
9. You must eat breakfast lunch and dinner, high protein snacks if needed.
10. You must check with the chamber operator before bringing anything into the chamber.
11. No mp3's, video games, or radios will be allowed inside the chamber.
12. To maintain privacy and safety no visiting in the chamber room, all family members, and visitors must remain outside the treatment area.
13. It is imperative to keep your appointments and receive your sessions as prescribed. This will ensure you the optimum level of results for HBOT therapy. If for any reason you cannot keep your appointment, please notify us 24 hours in advance.
14. Smoking constricts your blood vessels. For maximum benefit, stop smoking during your HBOT series. If unable to quit, refrain from smoking for 2 hours or more before and after each therapy session.
15. You may be asked to consent for photos and videos.

We want your HBOT therapy sessions to be as comfortable as possible for you and your family. While in the chamber, you may watch movies, listen to music, or sleep. We trust your experience with HBOT will not only be rewarding, but pleasant. We provide safe, productive, private, hyperbaric oxygen therapy.

Please call us if you have any questions (970) 927-4950

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