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Hyperbaric Oxygen Therapy (HBOT) Checklist

HBOT has been reported to have beneficial effects for a wide range of conditions without negative side effects. Nevertheless, you should be aware of areas of concern. Please read the following information carefully before doing any treatments.

1. **Otic Barotrauma (injury to the eardrum), Ear Pressure** Yes No
(Patient can be taught to equalize pressure in the ears to reduce pain. If unable to equalize the ear pressure, treatment will be terminated)
2. **Colds, Flu, Sinus and/or Throat Congestion, Coughing, Virus Infection, etc.** Yes No
(Consider rescheduling treatment. Lungs, throat and nose must be clear before treatment. If problems arise during treatment, please communicate with staff to terminate session.)
3. **Pneumothorax (collapsed lung), Pneumo-mediastinum (fluid in lungs)** Yes No
(Medical doctor's written clearance needed)
4. **Pneumonia, Emphysema and/or any other air-trapped illness evidenced by an air bronchogram** Yes No
(Medical doctor's written clearance needed that lungs are clear before treatment)
5. **Drug Abuse or other Intoxications such as Alcohol, Smoking, etc.)** Yes No
(Medical doctor's written clearance needed)
6. **Compressive Brain Lesions such as Subdural Hematoma or Intercranial Hematoma** Yes No
(Medical doctor's written clearance needed)
7. **Diabetes with tendency toward Hypoglycemia** Yes No
(Eat 2 hours before treatment. Take blood sugar level prior to treatment to avoid low blood sugar)
8. **Claustrophobia** Yes No
(Pressure & time will be increased slowly. May require a tender in the chamber)
9. **Behavior Disorder** _____ Yes No
(Patient may require a tender in the chamber)
10. **Pregnancy** Yes No
Not allowed during First Trimester.
(For remainder of pregnancy, must have medical doctor's written clearance)
11. **Pulmonary Hyperexpansion** Yes No
Do Not Hold Your Breath during Decompression
(This condition is very rare during treatments in the chamber)
12. **Sensitivity to Chemicals (MCS), Odors, Allergy** Yes No
(Avoid wearing heavy perfumes or colognes, as smells may linger & have adverse effect on others)

Hyperbaric Therapy may assist the body to naturally detoxify and balance digestive flora. An individual may experience some discomfort from this process after treatment. Symptoms include: loss of appetite, stomach ache, constipation, diarrhea, headache, flu like symptoms, behavioral issues, etc. Although unpleasant, this is a natural process and continuing treatments may be of benefit to more rapidly accomplish a positive result. However, if the symptoms persist, please consult Dr. Sahara to evaluate and alleviate the situation before attempting another visit.

Also, if you answered "YES" to any of the above questions, please consult Dr. Sahara. **Please be advised, that if any discomfort occurs while in the hyperbaric chamber, the patient must call for staff to come and terminate the treatment session.** The patient may be advised to consult their own medical physician to evaluate the situation before attempting another visit.

I have read and fully understand the above information.

Signature _____ Date _____

(patient / parent or guardian for minor)