

PREPARATION FOR HYPERBARIC OXYGEN THERAPY

1. Wear cotton undergarments.
2. Avoid carbonated beverages one hour prior to hyperbaric therapy to prevent stomach discomfort.
3. Avoid foods and beverages with caffeine.
4. Smoking prior to the therapy will decrease its effectiveness.
5. Avoid alcohol consumption prior to therapy.
6. Electronic devices (phones, watches, hearing aid, infusion pumps, stimulators, etc), velcro, and papers are **NOT** permitted inside the hyperbaric chamber.
7. Please inform your therapist of any changes in medications since your last visit.
8. Hyperbaric oxygen therapy stimulates the metabolism and it is recommended to eat a snack or light meal within two hours prior to the therapy.

Notes:

www.BaroMedical.ca

BaroMedical Hyperbaric Oxygen
7850 Sixth Street
Burnaby BC V3N 3N3



Phone: 604-777-7055
Fax: 604-777-7044
frontdesk@baromedical.ca