

# HBOT Patient Preparation Checklist

Canora Medical & Hyperbaric Clinic

To ensure your safety and the effectiveness of your treatment, please review and follow these instructions before every appointment.

## Before You Arrive

- **Health Check:** Notify us immediately if you have cold or flu symptoms, such as fever, cough, sore throat, or runny nose. Congestion can make it difficult to clear your ears.
- **Smoking:** It is strongly advised to quit smoking during your treatment period. Nicotine constricts blood vessels and reduces the effectiveness of the therapy.
- **Alcohol:** Avoid alcohol before treatment, as it can increase the risk of oxygen toxicity.
- **Diabetes Management:** If you are diabetic, your blood sugar must be above 7 before treatment. Please bring snacks (fruit, juice, or crackers) to every appointment.

## Personal Care Restrictions (Prohibited Items)

Because the chamber uses 100% oxygen, fire safety is our highest priority. The following must not be worn or applied before your session:

- **Cosmetics:** No makeup, hairspray, perfume, deodorant, or lotions.
- **Hair & Nails:** No hair coloring, perms, nail polish, or artificial nails applied within 12 hours of treatment.
- **Petroleum Products:** Do not use Vaseline or any petroleum/alcohol-based products.
- **Wound Care:** Our staff must assess all dressings, creams, and bandages before you enter the chamber.

## Clothing & Accessories

- **Provided Clothing:** You must change into 100% cotton gowns provided by the clinic. No personal clothing or linen is allowed inside.
- **Jewelry:** All jewelry and body piercings must be removed.
- **Devices:** No battery-powered devices are permitted, including watches, cell phones, or hearing aids.
- **Vision:** Glasses are only allowed if they are plastic (metal pieces must be taped). Only soft, gas-permeable contact lenses are permitted.

## Inside the Chamber

- **Ear Clearing:** You will spend about 15 minutes pressurizing (compression). You can clear your ears by swallowing, yawning, or pinching your nose and blowing gently.
- **Relaxation:** Once at pressure, your ear fullness will subside. You can watch TV through the clear acrylic chamber or take a nap.
- **Communication:** A specialized therapist will be in the room and can see and talk to you throughout the entire session.