

Gonino Center for Healing

\*\*Patient(s) Must Complete Before Treatment\*\*

Hyperbaric Oxygen Chamber Agreement & Waiver

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (Cell): \_\_\_\_\_, (Alt. #): \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ (Ph): \_\_\_\_\_

Questionnaire:

1. Do you smoke? Yes \_\_\_ No \_\_\_ Both nicotine and caffeine cause blood vessels to constrict, and reduce the effectiveness of hyperbaric oxygen therapy. We strongly advise avoidance of all tobacco during the period of your treatments and thereafter if at all possible. If it is not possible for you to quit tobacco or caffeine, we advise avoidance for as long as possible before and after each treatment. Nicotine gum and patches are not permitted in the hyperbaric chamber.
2. Are you pregnant? Yes \_\_\_ No \_\_\_ Please inform the doctor or medical assistant if there is a possibility of pregnancy.
3. Are you taking medications? Yes \_\_\_ No \_\_\_ If Yes, have you consulted with your Doctor about using the hyperbaric oxygen chamber while taking your medications? Yes \_\_\_ No \_\_\_
4. Are you 18 years old? Yes \_\_\_ No \_\_\_ anyone under 18 must be accompanied by an adult.
5. Do you have glaucoma Yes \_\_\_ No \_\_\_ If Yes, have you taken your medicated eye drops today? Yes \_\_\_ No \_\_\_  
If yes, then we are ok to continue treatment, if no then we will need to re-schedule to a time after you have administered your eye drops.

Side Effects:

- Otic Barotrauma: This is a condition of injury to the eardrum, and is unlikely to occur in mild hyperbaric oxygen therapy. However, severe ear discomfort can be caused if you cannot equalize the pressure in your ears. As the chamber is pressurized, you must equalize the pressure in your ears to acclimatize the pressure changes. This is done by "popping" your ears, either by yawning or swallowing. A more effective method is to hold your nose, close your mouth, and blow very gently against your pinched nose. Continue to do this each time you feel pressure build-up in your ears. If your ears do not acclimate normally (by the "popping"), you will experience discomfort in your ear canals. IT IS IMPORTANT THAT YOU COMMUNICATE ANY DISCOMFORT IMMEDIATELY TO THE ATTENDANT. The Attendant will adjust the pressure to alleviate the discomfort. If unable to equalize the pressure in your ears, the session will have to be discontinued and a visit to your physician must be completed before another session.
  - Pulmonary Hyper expansion: This condition is rare under mild hyperbaric therapy. Holding your breath during decompression must be avoided as it could lead to expansion of the air in your lungs and damage to the lung tissues. In the highly unlikely event of an unexpected rapid decompression, it is critical that you exhale immediately.
  - Die-Off Reaction: Mild HBOT may assist the body to detoxify digestive flora. An individual may experience some discomfort in as little as 1-36 hours after the session. Symptoms may include: flu-like symptoms, loss of appetite, stomach-ache, constipation, diarrhea, headache, behavioral issues. This is a natural process and continuing the sessions may be of benefit to more rapidly accomplish a positive result. If symptoms persist, individual must consult a physician for evaluation.
  - Insulin-Dependent Diabetes: Insulin dependency may result in a blood sugar drop while in the chamber. It is critical that you immediately communicate to the staff if you experience or anticipate an episode. The session will be terminated. We are required to take your blood sugar reading prior to your session (if <150, you must snack prior to session) and again after your session (if <150, you must snack prior to leaving).
- Other Side-Effects: headache or nausea, drowsiness, hyperactivity, dizziness, claustrophobia, vision-blur.

• **Contraindications of mild hyperbaric oxygen therapy:**

- Acute asthmatic attack, high fever, seizure disorder, optic neuritis, pneumothorax, emphysema, ear infection or blocked ear canals, sinus or upper respiratory infection, aneurysm, untreated glaucoma, pregnancy, severe heart or lung disease, congenital spherocytosis, currently taking any of these medications: Cisplatinum, Disulphiram, or Doxorubicin.

**Before Treatment:**

- Practice equalizing your middle ear pressures using the instructions provided.
- On the day of treatment, shower or bathe and dress in loose-fitting clothing, or comfortable workout clothes.
- Avoid using body oils, perfumes, lotions, these vapors may linger in the hyperbaric chamber for hours.
- Please have a nutritious meal one to two hours prior to your appointment. If you have diabetes, your blood sugar will be checked before and after each treatment, because hyperbaric oxygen therapy can occasionally lower blood glucose levels.

**During Treatment:**

- The maximum pressure difference between the chamber and your middle ear occurs in the first few moments of pressurization, and it is important to begin equalization before significant increase in pressure makes this more difficult. If you experience pain of any type, immediately say "Stop". The technician will pause compression until you are comfortable continuing.
- During your treatment, oxygen flows continuously through the chamber to maintain a clean atmosphere and to control inside temperature. This produces a flow noise, which can vary from time to time, but which is a normal sound associated with chamber operation. It is also normal during pressurization to experience warming within the chamber. This will normalize once treatment pressure is achieved.
- Never hold your breath when in a hyperbaric chamber.

**After Treatment:**

- It is normal to experience mild fatigue immediately following treatment. Infrequently, this may be accompanied by lightheadedness. For this reason, we suggest you have a driver accompany you to your first one or two treatments until you are aware of how you feel following a treatment.
- If you are experiencing any health issues or possible side effects, make sure you bring them to the attention of the hyperbaric technician or physician.

I acknowledge and accept the risks inherent in the use of the Hyperbaric Chamber. I voluntarily assume the risk of injury, accident or death, which may arise from the use of the Hyperbaric Chamber. I am fully aware of the risk that could occur and have had a chance to speak with my physician regarding these risks. I hereby release from all claims or liabilities for personal injury or property damages of any kind sustained while on the premises and during the use of the Hyperbaric Chamber. I understand that the services I am receiving are not approved by the FDA and intended to treat any medical condition or take the place of medical care or medications. I am also fully aware that Dr. V John Gonino and Gonino Center for Healing Physicians and staff use this treatment as a Complimentary Alternative treatment and it is considered experimental and investigational treatment. I agree that this Application and Waiver is in effect for all Hyperbaric Chamber sessions and will not expire unless requested by either party.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_