

***Valet parking is available at the main entrance
between the hours of 8am – 6pm.
Out-patient surgery has valet starting at 6am.***

Please stop at the outpatient registration (just inside the main entrance) and check in for your *initial* visit. Bring your paperwork to the hyperbaric center.

You have been scheduled for one of the following at the Hyperbaric Center at Unity Point Health Des Moines Iowa Methodist Medical Center

_____ Transcutaneous Oximetry Test _____ Hyperbaric Oxygen Treatment

Please report to the Hyperbaric Center on ____/____/____ at _____ am/pm.

- The Hyperbaric Center is located at Iowa Methodist on the South wing, 1st floor, Suite 144.
- The attached Hyperbaric Teaching Guide will explain special instructions related to Hyperbaric therapy.
- The Hyperbaric nurses will provide you with special instructions for your appointment. Please call them at (515) 241-5093 during the normal business hours of 8am – 4pm, Monday – Friday. The hyperbaric on-call staff are available after hours through the answering service 24/7.

Walking Directions to the Hyperbaric Center at Unity Point Health Iowa Methodist From the Parking Ramp:

- Park in the parking ramp on the west side of the hospital
- When you get off the elevator of the parking ramp, turn right and walk into the main atrium of the hospital.
- You will walk past the information desk, the atrium café and through the double doors into Blank Children’s Hospital.
- Walk through this main hallway (North 1), it’s a long hallway and eventually you will come to a T at the end of the hallway.
- When you get to the T, turn right.
- You will see a sign for the Southeast Elevators. Right by the elevators, there is a set of double doors with a sign on them that say “Acute Dialysis Unit, Hyperbaric Center. Go through these doors.
- The Hyperbaric Center is located through two additional sets of double doors on the left side of the hallway.

From the Main Entrance:

- Enter through the main entrance and walk past the information desk.
- Turn left and walk down the long hallway on North 1. You will come to a T at the end of the hallway.
- When you get to the T, turn right.
- You will see a sign for the Southeast Elevators. Right by the elevators, there is a set of double doors with a sign on them that say “Acute Dialysis Unit, Hyperbaric Center. Go through these doors.
- The Hyperbaric Center is located through two additional sets of double doors on the left side of the hallway.

Hyperbaric Oxygen Therapy Patient Education Guidelines

What is hyperbaric oxygen therapy?

Hyperbaric oxygen therapy is the medical use of 100% oxygen at increased air pressure. The treatment will increase oxygen to your blood and tissues. The treatment may be used for wound or bone healing, patients with past radiation that now have a wound, having surgery in the radiated area, carbon monoxide poisoning, or infection. You will be in a special clear see through chamber for about 90 minutes.

What will I need to do to prepare for the treatment?

Before treatment: Your nurse will review other instructions with you.

- Do not drink pop for one hour prior to treatment.
- Do not wear make-up, lotion, hairspray, deodorant, shaving lotion, perfume or other petroleum or alcohol based products.
- Remove jewelry and hearing aids. You may wear glasses or contacts.
- You will be given special cotton clothing to wear during treatment.
- You should arrive at the center 15 to 20 minutes before your treatment time.

What happens during a treatment?

You will be able to change position, watch TV, listen to the radio, drink water, or eat ice. You will be able to see and talk with the nurse at any time.

You may feel pressure or squeezing of your ears, sinuses, or teeth. This is due to the change in air pressure. Some things you can do to prevent this are to flex your jaw by yawning, drink water, pinch your nose, or swallow. Tell the nurse if you notice pressure or pain in your ears or other areas **immediately**.

COMPRESSION PHASE (start of treatment):

During this phase, patients may feel fullness in their ears similar to that experienced when flying or scuba diving. The nurse will ask patients to pop or clear their ears – yawning, swallowing or valsalva. When treatment starts, you will hear a hissing sound as oxygen goes into the chamber. You will feel warm for a few minutes at the start of treatment.

TREATMENT PHASE (during treatment):

Treatments vary according to condition, but most are for 90 minutes once or twice daily and may last between one to several days. Treatments may be given on an outpatient/inpatient basis. During this time patients may sleep, watch TV or a movie or listen to music.

DECOMPRESSION PHASE (end of treatment):

The pressure in the chamber will decrease. During this time, patients may experience a crackling or popping sound in their ears. Patients are asked not to hold their breath or blow their noses; ears will pop on their own. You will feel cool at the end of the treatment.

What if I have questions?

Other questions, call the hyperbaric unit 7:00am - 3:30pm, Mon - Fri. (515) 241-5093