



UnityPoint Health
Des Moines

**Hyperbaric Center at
Iowa Methodist Medical Center**
1200 Pleasant Street
Des Moines, IA 50309
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You have been scheduled for one of the following at the Hyperbaric Center at 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 Medical Center 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 9am – 3pm, Monday – Friday.

Walking Directions to the Hyperbaric Center at Iowa Methodist Medical Center

From the Parking Ramp:

- Park in the parking ramp on the east 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, Sleep Disorder 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, Sleep Disorder Center." Go through these doors.
- The Hyperbaric Center is located through two additional sets of double doors on the left side of the hallway.

**Valet parking is available at the main entrance
between the hours of 8am – 6pm**



Hyperbaric Oxygen Therapy

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 any of the following:

- Wound or bone healing
- Carbon monoxide poisoning
- Infection
- Diabetic wounds of the lower extremity
- Post radiation patients who need procedure done in that area
- Crush injury
- Patients who show acute changes related to circulation

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

Before treatment:

- Do not drink pop for one hour
- Do not wear make-up, lotion, hair spray, deodorant, shaving lotion or petroleum 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 15-20 minutes before your treatment time.

What happens during a treatment?

You will be in a special chamber for the 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.

When treatment starts, you will hear a hissing sound as oxygen goes into the chamber. You will breathe 100% oxygen while you are in the chamber. You will feel warm for a few minutes at the start of treatment. You will feel cool at the end of treatment.

You may feel pressure or squeezing in 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 pain in your ears or other areas.

You may also have some vision changes after several treatments. Tell your nurse if this happens.

What if I have questions?

Ask your doctor or nurse if you have questions.