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# Extivita

2012-D T.W. Alexander Dr.  
Durham, NC 27709  
(919) 354- 3775  
Elena Schertz, FNP,  
Jay Stevens, MD

## Welcome!

We are excited to welcome you to Extivita RTP! Our state-of-the-art health & wellness facility in Raleigh, NC houses two multiplace hyperbaric chambers, which can treat multiple patients simultaneously.

We hope that your experience at Extivita RTP is pleasant and successful. Throughout your time here, please let us know how we can make your experience better.

## Consultation

The first step in becoming a patient is to meet with our medical provider for a consultation. After your consultation, you will be given a tour of the clinic and may have the option to receive treatment the same day (if there are openings M-Th only). Please see the following for more details regarding HBOT preparation and what to expect.

## Prevention and Preparation for your HBOT treatment

### Day before your session

- Please stay hydrated, and try to avoid excessive alcohol, caffeine consumption or extreme physical exertion/exercise within 24 hours of your dive [all of these may contribute to dehydration].

### Day of your session

- HBOT can lower your blood sugar as much as 60 mg/dL. Most patients don't have issues, but if you tend to "run low", please consider eating a little something prior to your session. If you are a diabetic on insulin, this will be discussed in your consultation.
- If you are moderately to severely congested, this could affect your eustachian tube and in turn could affect your ability to equalize (clear your ears) in a pressurized chamber. We recommend canceling and coming when you are feeling better. If you are only mildly congested, you may take an OTC antihistamine or use decongestant nasal sprays. If you are questioning if you should cancel or not, please call us and we can get you in touch with a nurse.
- Vitals will be checked prior to your dive (blood pressure, oxygen level, heart rate, and temperature). **All patients need to arrive at least 15 minutes before their scheduled dive time to allow time for checking vital signs and patient preparation.** Patients who arrive less than 15 minutes before their scheduled HBOT session may forfeit their scheduled dive time and will be charged the cost of the scheduled dive.
- Clothing: We strongly recommend clothing to be at least 50% cotton. **Make sure to bring/wear socks for the chamber (no shoes are allowed inside).** If you get cold easily, consider dressing warmer or bringing a sweater. We also do provide blankets for all patients.



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## Scheduling

### First THREE dives & Scheduling

- If you are new to HBOT, our provider will strongly recommend that you complete your first (3) sessions consecutively (back-to-back) over 2-3 days. You may also schedule up to 2 HBOT dives a day (but these must be four hours apart from the start of dive times).
- We can help you schedule your first dive(s) and subsequent dives, or you can schedule them on your Extivita Portal at <https://portal.extivita.org>
- **Please remember that our HBOT dive cancellation/no show policy states that you must cancel a dive within 24 hours of your scheduled dive or you will be charged the full amount of the session** (Please review *Cancellation, No Show Policy & Late Policy* in your Extivita Patient Portal – this policy can be found on the left side of the page under the Policies Agreement & then visit the Portal Policy Agreements section)

## Go /No-Go List

### Prohibited Items

- No cell phones, handwarmers, newspapers, jewelry or keys can be brought into the chamber.
- Upon your arrival, you will check in all your prohibited items and belongings (like cell phones, keys, wallets, purses, etc) at the desk. Your items will be stored in a locker behind the front desk.

### Permitted

- Books
- Magazines
- Water (but not in insulated water bottles)
- Gum [do NOT spit out or stick anywhere in chamber]

## During your session (in the chamber)

We now provide computers/tablets and free headphones for all patients to use during their dive session. You will need your passwords to access your own Netflix, YouTube, etc accounts. Please memorize or bring your usernames/passwords with you.

- Descent / Chamber pressurizes
  - You will hear air coming into chamber as we start compression
  - You will feel your ears “pop” like in a plane, and you may need to “clear ears”
  - Temperature change (it will get warmer)
- During Dive



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- Inside attendant will assist you with putting on your hood/mask once a certain pressure/depth is reached.
- Most patients pass the time by playing games or watching a movie on the computer/tablet, checking emails, reading, or sleeping.
- Ascent / Chamber depressurizes
  - Temperature change (it will get cooler)
  - No need to “clear ears”; your ears will do this naturally
  - Attendant will assist with hood/mask removal when certain pressure/depth is reached

## **After the dive**

Please exit the chamber, put your shoes back on and gather your things from the locker in the front office. If you don't already have your next appointment scheduled, you are welcome to schedule that in clinic at the front desk or use our patient computer. HBOT appointments can also be scheduled anytime via your computer or cell phone by logging on to <https://portal.extivita.org>

We thank you for choosing Extivita!

We look forward to seeing you in the clinic and being a part of your healing journey.