

# HBOT Thurrock

14 Colburn Way, Grays, RM16 2EG

## Disclaimer, Terms and Consent

### Important information

Please read this document carefully before booking or attending a hyperbaric oxygen session. It explains the nature of the service, important safety considerations, payment and cancellation terms, and the consent required before using the chamber.

### Disclaimer

HBOT Thurrock cannot prescribe, diagnose, treat, or make any guarantee or inference regarding the efficacy of hyperbaric oxygen therapy for any particular purpose or condition. Any information provided is for general wellbeing and educational purposes only. If you are in doubt, please consult your GP or an appropriate healthcare professional.

In accordance with UK and EU legislation, there is no intention, implied or otherwise, that hyperbaric oxygen therapy is administered as a cure, treatment, or preventative measure for any disease, disorder, or injury.

Any references to studies, articles or literature do not imply that similar results will occur for another person. Individual experiences may vary.

Although hyperbaric oxygen therapy has been used in the treatment or management of a variety of indications, evidence for its use may remain uncertain in some areas and may not meet the strongest conventional standards of clinical evidence, such as randomised prospective controlled clinical trials or double-blind studies.

By making a booking, you agree to the terms and conditions of HBOT Thurrock sessions.

### Payment Terms and Conditions

You are purchasing a package of hyperbaric oxygen sessions or an individual session. Prices are set out in the current price list provided by HBOT Thurrock.

Package sessions are transferable but non-refundable. If you decide not to proceed with a course of sessions, you will not be able to claim a refund for any unused sessions unless HBOT Thurrock agrees otherwise in writing.

We ask for at least 24 hours' notice for appointment rescheduling or cancellation. This allows another service user to use the appointment slot.

If you do not attend, or cancel a pre-booked appointment with less than 24 hours' notice, HBOT Thurrock reserves the right to charge 100% of the appointment fee.

If you arrive late, it is at the discretion of HBOT Thurrock whether there is still sufficient time to proceed safely and appropriately. If the session cannot proceed due to lateness, the full appointment fee may still be charged.

## Terms and Conditions

All service users are required to read and sign the relevant policies before starting sessions at HBOT Thurrock.

### Risks and Safety Information

Hyperbaric oxygen therapy is usually a painless and non-invasive process. You should feel comfortable at all times. If you feel unwell, anxious, or uncomfortable at any point, inform the operator immediately.

#### Ears

The most common discomfort during pressurisation can be pressure changes affecting the eardrum. You will be shown techniques to equalise ear pressure, including the Valsalva manoeuvre or other suitable methods. Any ear pain should be reported immediately during the session.

#### Sinuses

Sinus squeeze is rare and can be caused by pressure changes, particularly when the sinuses are blocked. Pain may be felt around the sinus areas of the face. Always inform the operator immediately if you feel pain or discomfort.

#### Other possible symptoms or risks

Some mild physiological changes may occur, and some may relate to medication interactions. Please advise HBOT Thurrock and, where appropriate, your GP if you notice unfamiliar symptoms, including but not limited to:

- Nausea
- Temporary changes in vision
- Numbness, tingling, or facial twitching
- Shortness of breath or dizziness
- Restlessness and/or irritability
- Tinnitus or ringing in the ears
- Unusual physical or mental changes
- Fatigue after sessions
- A reaction where existing symptoms feel temporarily increased
- Oxygen toxicity; in rare situations this may cause a seizure

#### When to reschedule

Please contact HBOT Thurrock to reschedule if you develop a cold, flu, upper respiratory infection, sinusitis, high fever, viral infection, vomiting, headache, or any other unusual symptoms or concerns before your appointment.

## Consent

I, \_\_\_\_\_, consent and authorise HBOT Thurrock staff to provide sessions of hyperbaric oxygen therapy to me at HBOT Thurrock.

- I understand that HBOT Thurrock provides a wellbeing service and that I am not using HBOT for the purpose of treatment of disease, disorder, or injury.
- The nature, purpose, possible benefits and possible risks of HBOT have been explained to me, including the option not to proceed.
- I acknowledge that the healthcare professional ultimately responsible for my medical care is my GP or relevant medical practitioner.
- I understand that no guarantee has been made that HBOT will improve my condition, wellbeing, recovery, or symptoms.
- Before my first session, I have provided accurate information about my current health status, medications, therapies, allergies and relevant medical history.
- I agree that it is my responsibility to inform HBOT Thurrock of any changes in my health, medication, therapies, allergies or circumstances before each session.
- I understand that I may refuse sessions at any time, or ask to stop a session while in the chamber, and that I must follow the operator's instructions when exiting the chamber.
- I will inform the operator immediately of any concerns before or during the session, including pain, nausea, dizziness, visual changes, ringing in the ears, unusual smells, fear or anxiety, sweating, changes in heart rhythm, hiccups, chest pain, faintness, mood changes, breathing difficulty, or any discomfort.
- I understand that lifestyle factors such as smoking, hydration, nutrition, exercise and stress management may affect my general wellbeing and experience of sessions.

I believe the potential benefits of using this service outweigh the risks for me. I have had the opportunity to ask questions and those questions have been answered to my satisfaction.

## Preparing for Your Hyperbaric Oxygen Session

### Clothing

Please wear loose-fitting cotton clothing where possible. Avoid cosmetics, perfumes, hair sprays, deodorants and jewellery. Shoes must be removed, and socks must be worn inside the chamber.

### Food and drink

No food or eating is allowed in the chamber. It is recommended that you have a light meal around one hour before your session and remain well hydrated with water throughout the day. Alcohol should be avoided before sessions. Caffeine intake should be kept to a minimum around the time of your session.

### Smoking and nicotine

Nicotine may reduce the effectiveness of sessions and may increase risk. If you smoke or use nicotine, please avoid doing so as long before and as late after your session as possible.

## Who We Are

HBOT Thurrock provides private hyperbaric oxygen sessions for general wellbeing and recovery support. HBOT Thurrock is based at 14 Colburn Way, Grays, RM16 2EG.

## Service User Declaration

I certify that the information I have provided to HBOT Thurrock is true and accurate.

I will inform HBOT Thurrock of any change in my service user information, health circumstances, allergies, medication, medical history, or any other information relevant to hyperbaric oxygen sessions.

I acknowledge that the healthcare professional ultimately responsible for my care is my GP or relevant medical practitioner.

I understand that I am responsible for the cost of my hyperbaric oxygen sessions and that payment is expected according to the agreed payment terms.

I understand that HBOT Thurrock may need to contact emergency services or, where necessary and appropriate, share relevant information with healthcare professionals involved in my care if a safety concern arises.

<b>Name:</b>	
<b>Full address:</b>	
<b>Full address line 2:</b>	
<b>Postcode:</b>	
<b>Signature:</b>	
<b>Date:</b>	

### Final reminder

This document is intended to support informed consent and safe use of the chamber. It is not a substitute for medical advice. Please speak with your GP or relevant healthcare professional if you are unsure whether HBOT is suitable for you.