

NIIM Clinic Hyperthermia

Patient Preparation Guide

How should I prepare before coming for my Hyperthermia appointment?

- Patients need to hydrate themselves well before coming in for their hyperthermia appointment. You should start drinking plenty of fluid (2.5L/day) the day before your appointment. Avoid drinking fluid one hour prior to hyperthermia.
- For patients who have had chemotherapy within two days before their hyperthermia appointment, please pay close attention to your fluid intake.
- Do not come to your appointment with an empty stomach.
- Patients should bring a drink bottle (warm water preferred), along with a face washer. After treatment you will be perspiring for another 20-30 minutes and you will want to remain comfortable and well hydrated during this period.

Do I need someone to pick me up after the hyperthermia treatment?

Usually patients can go home by themselves. However, we always suggest that you bring a supportive friend or family member for your initial session, as there can be varied responses to the heat from the Hyperthermia and you may prefer assistance in getting home.

Am I left alone during treatment?

No, you are supervised at all times by our friendly operator.

During treatment, what should I do if there is a problem or unusual feeling?

During treatment you can always speak with the operator. If you have a feeling of a localised hot spot, tingling sensation, burning or needling you should speak to the operator as these may lead to blistering if treatment is not adjusted.

Is there an emergency safeguard?

Yes, the Regional Hyperthermia machine has an emergency cut-off that patients can operate in case of emergency.