



INFORMED CONSENT FOR ACUPUNCTURE TREATMENT AND CARE

I hereby request and consent to the performance of acupuncture treatments and other Oriental Medicine procedures on me (or on the patient named below, for whom I am legally responsible) by a licensed acupuncturist.

I understand the methods of treatment may include but are not limited to: acupuncture, moxibustion, cupping, electrical stimulation, Tui Na (Chinese Massage), bloodletting and Chinese herbal medicine.

I have had the opportunity to discuss with the acupuncturist the nature and purpose of acupuncture treatments and other procedures.

I have been informed that acupuncture is a safe method of treatment, but that it may have side effects, including bruising, numbness or tingling near the needling sites that may last a few days, with possible dizziness or fainting. Bruising is common side effect of cupping. Blister can be one of the reactions of moxibustion. Unusual risks of acupuncture include spontaneous miscarriage, nerve damage and organ puncture, including lung puncture (pneumothorax). I understand that the risk of infection is negligible when all needles are sterile.

The herbs and nutritional supplements (which are from plant, animal and mineral sources) that may be recommended are traditionally considered safe, although some may be toxic in large doses. I understand that some herbs may be inappropriate during pregnancy. Some possible side effects of taking herbs are nausea, gas, stomach ache, vomiting, diarrhea, rashes, hives and tingling of the tongue.

I understand that the herbs need to be prepared and the tea consumed according to the instructions provided orally and in writing. The herbs may have an unpleasant smell or taste. I will immediately inform the acupuncturist of any unanticipated or unpleasant effects associated with the consumption of the herbal teas.

I will notify the acupuncturist who is caring for me if I am or become pregnant.

I do not expect the acupuncturist to be able to anticipate and explain all risks and complications, and I wish to rely on the acupuncturist to exercise judgment during the course of the procedure which the acupuncturist feels, based on the facts then known, is in my best interests.

I understand the clinical and administrative staff may review my medical records and lab reports, but all my records will be kept confidential and will not be released without my written consent.

I have read, or have read to me, the above consent. I have also had the opportunity to ask questions about its content, and by signing below I agree to the above-named procedures. I



intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

Acupuncture Services:

- Accept Decline: Acupuncture which involves inserting fine, filliform needles into the skin to enhance the movement of qi in the meridians; this may infrequently cause bleeding or bruising; induce a deep sense of relation or increased energy; and even less frequently can allow an infection to start at the site of the needle insertion.
- Accept Decline: Moxibustion which is the burning of mugwort (*Artemisia vulgaris*) leaves on or near the skin, or on or near acupuncture needles for the purpose of warming or moving qi, blood, phlegm, or yang in the body; this may occasionally cause burning and blistering of the skin (first or second degree burn).
- Accept Decline: Cupping which is the use of glass or plastic cups with a suction action to remove blockages and move phlegm, blood or qi; this often causes bruising in the area of cupping.
- Accept Decline: Electrical stimulation of the skin or needles; I should inform the practitioner if I have a pacemaker or any other implanted medical device as electrical stimulation may interfere with its actions.
- Accept Decline: Gua sha to move qi and blood through the skin and muscles; this often causes bruising (ecchymosis) in the area of the treatment.
- Accept Decline: Bloodletting using a lance to dramatically enhance blood or qi movement; this will cause bleeding and may also cause local bruising or swelling.
- Accept Decline: Lifestyle counseling and hygiene: may include diet therapy, fasting, specialized diets, exercises, and counseling recommendations to help improve my health. I understand I should identify any specialized diets I am on already or any restrictions in dietary intake recommended by other health care practitioners before starting on any change in diet.

Patient's Name _____

Patient's Signature _____

Date Signed _____