

## Consent Form

**Please read this information carefully, and sign below. Ask your practitioner if there is anything that you do not understand.**

### **Is acupuncture safe?**

- Acupuncture is very safe. Serious side effects are very rare – less than one per 10,000 treatments.

### **Does acupuncture have side effects?**

You need to be aware that:

- Drowsiness occurs after treatment in a small number of patients, and, if affected, you are advised not to drive:
- Minor bleeding or bruising occurs after acupuncture in about 3% of treatments; pain during treatment occurs in about 1% of treatments.
- The most serious side effects of acupuncture include nerve damage, major blood vessel damage, or organ puncture especially of the lung. This occurs less than one out of 10,000 times.
- In rare cases symptoms can get worse after treatment. This is unpleasant but NOT a sign the treatment didn't work.
- Fainting can occur in certain patients, particularly at the first treatment. It is important to arrive for your treatment having eaten recently.
- When receiving adjunct treatments such as cupping and gua sha, there is a significant risk that there will be visible bruising as the blood flow is pulled closer to the skin. This is normal, beneficial, and should resolve in a few days.
- Chinese Herbal medicines are generally designed in balanced multi-herb formulas to minimize side effects. If you experience anything other than a minor discomfort you should stop taking the herbs and call your practitioner.
- In addition, if there are particular risks that apply in your case, your practitioner will discuss these with you.

### **Is there anything your practitioner needs to know?**

- Apart from the usual medical details, it is important that you let your practitioner know:
- If you have a pacemaker or any other electrical implants;
- If you have a bleeding disorder;
- If you are taking anti-coagulants or any other medication;
- If you have damaged heart valves or have any other high risk of infection;
- **Single –use, sterile, disposable needles are used in the clinic.**

### Statement of Consent

I confirm that I have read and understood the above information, and I consent to having acupuncture treatment, or I am authorizing acupuncture treatment for my legal dependent or child. I understand that I can refuse treatment at any time.

Signature \_\_\_\_\_

Print Name and Date \_\_\_\_\_