

## Patient Information and Consent Form

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

### What is Oriental Medicine and Acupuncture?

Oriental Medicine is a complete medical system based on Traditional Chinese Medicine (TCM) theory and modern oriental medical techniques, used for the treatment and prevention of illness and promotion of health. Acupuncture treatments may include TCM examination, diagnosis and treatment using; the insertion of acupuncture needles, moxibustion, electro-stimulation, cupping, auricular therapy, Chinese herbal medicine, Tuina (oriental massage), Qigong energy therapy and exercises, as well as nutritional, exercise and lifestyle recommendations.

### Is acupuncture safe?

As in the practice of allopathic medicine, there are potential risks associated with Oriental medicine procedures, although these risks are relatively small. In fact, moderate side effects occur in only 1 per 1,000 treatments.<sup>1</sup> Side effects may include, but are not limited to, worsening of symptoms or appearance of new symptoms, pain, bruising or bleeding at the site of needle insertion, dizziness/fainting, nausea/vomiting, minor burns, and general aches. Serious adverse effects are **very rare** with Acupuncture but may include organ puncture, nerve pain, or stroke.

Drowsiness or light-headed feeling may occur in some patients after treatment. If you experience this, you are advised not to drive until symptoms have subsided.

Although Oriental Medicine has helped millions of people, no guarantee or promise of cure or improvement of symptoms is given or implied.

### IMPORTANT: Please let your Practitioner know:

- If you have a **pacemaker** or any other **electrical implants**.
- If you have a **bleeding disorder** or are taking **anti-coagulants**.
- Your current **physical condition, medications, known allergies**, and the presence of any **communicable diseases**.
- If you have **damaged heart valves** or have any other particular **risk of infection**.
- If you are **pregnant**.

**Only single-use, sterile, disposable needles are used in the clinic.**

### Statement of Consent

I have read, or had read to me, this informed consent. I have had an opportunity to ask questions and understand the above information. By signing below I request and consent to Acupuncture and Oriental medicine treatments by Debbie Young, AP. I intend this consent to cover the entire course of treatment for my present condition and any future conditions for which I may seek treatment. I understand that I can refuse treatment at any time.

Signature \_\_\_\_\_

Print name in full \_\_\_\_\_ Date \_\_\_\_\_

<sup>1</sup> *Acupuncture Today*, November, 2001, Vol. 02, Issue 11