



## **INFORMED CONSENT & DISCLOSURES**

I, the undersigned, understand that methods of treatment used by this practice may include, but are not limited to, acupuncture, herbal medicine, moxibustion, cupping, electrical stimulation, medical qigong, massage, gua sha, heat therapy, ear seeds, dietary advice, qigong exercise prescriptions, and lifestyle counseling.

I understand that acupuncture, moxibustion, electrical stimulation, cupping, and pricking are all safe methods of treatment. I understand that the potential risks include temporary bruising, swelling, bleeding, numbness and tingling, and soreness at the needling site that may last a few days. I understand that there are very unusual risks associated with acupuncture including dizziness, fainting, nerve damage, or pneumothorax. I am aware that infection is possible despite the fact the practice uses alcohol, sterile disposable needles, and ensures a clean and safe treatment environment. I understand that there are potential, but unlikely risks from moxibustion including burns, blistering, or scarring. I understand that common side effects of cupping and gua sha are temporary bruising or redness that can last a few days.

I fully understand that there is no implied or stated guarantee of success or effectiveness of a specific treatment or series of treatments. I also understand that my personal habits, choices, and medication may decrease the beneficial effects of Chinese medical treatment. These include the use and abuse of alcohol, pain killers, steroids, narcotics, tobacco, anti-depressants, and illegal drugs.

Acupuncture is a natural medicine that cultivates the ability of the body to heal itself, but should not be a substitute for conventional medical diagnosis and treatment. As it takes time for the body to heal itself, it is important to be aware and patient knowing that the results of acupuncture are not always felt immediately, especially with chronic conditions. Frequent, regular treatment is what gives acupuncture and herbs the most noticeable and best results.

I will notify my acupuncturist should I become pregnant or am in the process of trying to get pregnant so that my practitioner can avoid points and herbs that could induce miscarriage. Otherwise, Chinese medicine treatments can be very beneficial in the pregnancy and birthing process.

I understand that herbal and nutritional supplements recommended to me by my acupuncturist are safe in the recommended doses. Large doses of herbs taken without my practitioner's recommendation may be toxic, and some herbs are inappropriate during pregnancy. Some possible side effects of taking herbal medicines are nausea, gas, stomachache, vomiting, headache, diarrhea, rashes, hives, and tingling of the tongue. I understand that I must stop taking all herbs and notify my acupuncturist as soon as I experience any discomfort or adverse reactions.

I understand that I can discuss risks and benefits further with my practitioner before signing this acknowledgment, if I so choose. However, I do not expect my practitioner to be able to anticipate and explain all possible risks and complications of treatment. I rely my acupuncturist to exercise his best judgment in my best interest during the course of treatment, based upon the facts known at the time.

In signing this form, I acknowledge and accept any inherent risks, and give my consent for treatment, payment, and healthcare operations received, incurred or carried out by this practice. I also certify that I have informed my acupuncturist of all know physical, mental, and medical conditions and medications, and will keep him or her updated on any changes.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_