

INFORMED CONSENT FOR ACUPUNCTURE

I hereby voluntarily consent to receive acupuncture treatment for my present and future health condition. I understand that treatment will be administered by Registered Traditional Chinese Medicine Practitioner (RTCMP).

Acupuncture Treatments That May Be Administered:

Acupuncture: This is a safe treatment involving the insertion of tiny sterile disposable needles through the skin, which can produce a mild but temporary discomfort at the acupuncture site. It can occasionally cause slight bleeding, and will rarely leave a bruise (not painful). Other possible risks from acupuncture include dizziness and fainting. The patient should report to the RTCMP any dizziness or light-headedness that occur during or after an acupuncture treatment. Extremely rare risks of acupuncture (these have an extremely low incidence, especially when acupuncture is administered properly) include nerve damage, organ puncture, and infection.

Cupping: This involves a localized suction produced by heating a small glass cup. There is a possibility of local bruising from the suction. Very rarely a slight burn or blister may appear due to the heat.

Moxibustion In indirect moxibustion, a practitioner lights one end of a moxa stick (roughly the shape and size of a cigar) and holds it an inch or two away from the skin, usually around the inserted needles to bring mild warmth to the area without burning, until the skin becomes slightly red. The intensity of the heat is adjusted according to the patient's condition and comfort. Indirect moxa is considered to induce a gradual localized vasodilatation response. In addition to increasing the local blood flow, skillful indirect moxibustion is extremely comforting and can create a deep relaxation response.

Ear Acupressure: Small seeds or metal beads are attached to micro-acupoints on the ear by adhesive tape. The seeds can stay on the ear for 3 - 5 days. The pressure from the seeds might be quite painful, and the patient is advised to press the acupoints several times a day to reach the maximum effect. If any itchiness or rash occurred on the ear, the patient should immediately remove the tape and seeds.

Electro-Acupuncture: A mild electric micro-current (similar to a TENS treatment) is used to stimulate the acupuncture points. A mild tingling or tapping sensation will be felt.

Chinese Herbs: Your practitioner may use Chinese herbal formulas in the form of teas or powder to support your body and clear away imbalances. It is possible that if the formula does not agree with you, the herbs may cause allergic reactions, stomach upset or other adverse effects in which case you should stop taking them and let your practitioner know so they can adjust the formula. Your practitioner may also give you dietary advice from a Chinese medicine perspective and again if you notice adverse effects, please communicate this with your practitioner because it may reveal important information about the state of your health and digestion.

By signing below, I show that:

- I have read, or had read to me, the information on this consent form,
- I understand the possible risks and complications involved. I have had the opportunity to discuss this consent form with my Licensed Acupuncturist. I understand that I can request more information at any time if desired.
- I consent to receiving treatment that involves the above procedures.
- I understand that I have the right to refuse or discontinue any treatment at any time. I understand that this refusal may affect the expected results.

Patient Name (please print)

Patient (or Guardian) Signature

Date

If a Guardian has signed, please print your name: _____