

Informed Consent



Dear Patient / Patients:

Acupuncture is an ancient, widely applied therapeutic technique that is beneficial in the treatment of a disease or lack of health. The procedure requires the insertion of very fine, sterile, disposable, one time use, needles in specific acupuncture points found all over the body. The needles are then left in the body for a period of time, during which the patient is requested to lie quietly and relax. In addition, adjunct therapies may be applied such as electrical stimulation of the needles, heat application through moxibustion (using the Chinese herb mugwort), Gua Sha, a brushing on the skin using a smooth edged instrument, cupping, which uses heated glass cups to create suction on the skin, or Chinese herbal supplements in the form of plasters, teas, liniments or pills. Each therapy will be described to you, and you may ask questions as to its use or application, prior to its administration. During the treatment the practitioner will ask you to report any sensations that you may experience.

After a treatment, many patients experience a feeling of relaxation or a feeling of increased energy or alertness.

Occasionally, the healing process involves an initial worsening of symptoms.

Acupuncture has few side effects or contraindications. Side effects that may occur are rarely severe. However, we want to ensure that you are fully informed of any that you could experience, and again, request that you report any responses to your practitioner. The list of possible side effects include the following:

Bruising – Small bruises can occur at puncture sites, especially in certain regions of the body. This can be more prevalent in individuals taking blood-thinning medications or certain anti-inflammatories. The use of cupping can also result in circular reddish areas on the skin. These bruises rarely need treatment and resolve within days.

Discomfort – Sometimes discomfort may persist at an insertion site; this is usually temporary, but occasionally can persist for days and (very rarely) for several weeks longer.

Dizziness/Fainting – Treatments are always performed with patients in a reclined and/or supported position so as to avoid injury. This reaction is most often brief and does not normally require any special treatment.

Burns – Moxibustion involves placing an ignited herb close to the skin, without touching it. However, rigorous application or the rare instance of a dropping ash could create a burn.

Allergic reaction/Digestive distress – On rare occasions the external or internal application of herbal supplements can cause mild to moderate digestive upset which resolves in hours or days. Even more rarely, allergic reactions can occur to these herbal supplements but also usually resolve in hours or days.

These side effects can occur immediately after treatment, or may be noticed several hours later. Patients are encouraged to notice any feelings or changes that occur during or after treatment. These reactions or responses can provide your practitioner with invaluable clinical information, so please report them to your practitioner at your next visit. Please call the clinic if you have any concerns after your treatment.

Extremely rare risks include bent, broken or stuck needles, nerve damage, organ puncture and infection.

Patient Declaration:

I have received and carefully read, or had read to me, the information included in this document concerning the possible effects of acupuncture and herbal supplements. Acupuncture therapy, herbal supplements and their possible side effects were satisfactorily explained to me. My questions were thoroughly and completely answered.

After careful consideration, I agree to receive acupuncture treatments form AcuCare Clinic. I also understand that I have the right to refuse or discontinue treatment at any time, although such a refusal may affect the anticipated results.

Patient (or legal guardian) Signature

Date

Practitioner Signature

Date