

## **Informed Consent to Treat**

I hereby request and consent to the performance of acupuncture and other procedures within the scope of practice of an Acupuncturist on me (or on the patient named, for whom I am legally responsible) by the licensed Acupuncturists of Stone Guardian Acupuncture who now or in the future treat me while employed by, working for or associated with, or serving as back-up for Stone Guardian Acupuncture. I understand that methods of treatment may include, but are not limited to, acupuncture, moxibustion and other direct and indirect heat therapy, cupping, electrical stimulation, Tuina (Chinese Massage), Chinese herbal medicine and nutritional counseling.

### **Acupuncture**

Acupuncture involves the insertion of needles at key points on the body. Acupuncture is considered a relatively safe method of treatment but does carry some risks and potential side effects. The most common risk is bruising, numbness and tingling at the site of insertion that could last a few days or more. Dizziness or fainting could occur as well, this can be avoided by making sure to eat before treatment. Unusual risks of acupuncture, while rare due to extensive training, include spontaneous miscarriage, nerve damage and organ puncture, including lung puncture. Infection is a possible risk, although Stone Guardian Acupuncture uses sterile disposable needles and maintains a clean and safe environment in order to prevent this.

### **Electrical Stimulation**

This modality involves running a small current through needles or transcutaneously at the skin. With electrical stimulation through needles the risks are the same as acupuncture, as the needles are used to conduct the current. Though the risk of numbness, tingling and nerve damage is increased in either case, it is still a relatively safe treatment method.

### **Herbal Medicine**

Chinese Herbal Medicine involves the consumption and/or application of prepared herbal formulas. Herbs may need to be prepared prior to consumption and consumed according to the instructions provided orally and in writing. The herbs may have an unpleasant smell or taste. Immediately notify Stone Guardian Acupuncture staff of any unanticipated or unpleasant effects associated with the consumption of the herbs. The herbs and nutritional supplements that have been recommended are traditionally considered safe in the practice of traditional Chinese medicine, although some may be toxic in large doses. Some herbs may be inappropriate during pregnancy. Some possible side effects of taking herbs include but are not limited to nausea, gas, stomachache,

vomiting, headache, diarrhea, rashes, hives, and tingling of the tongue. Chinese herbal formulas are not recommended to be taken with other prescribed drugs and/or supplements. To avoid potentially hazardous combinations please provide a complete list of any and all drugs, both prescribed and recreational, supplements and other herbs that you regularly ingest. Please alert Stone Guardian Acupuncture of any allergies prior to ingesting herbs.

### **Add On Treatment Modality Risks**

- Tuina is a form of Chinese massage and carries the potential risk of overstretching, tugged skin and/or hair and potential allergic reactions to oils and/or liniments.
- Moxibustion, cupping and heat lamps carry the potential risk of burns and/or scarring. Bruising is also a common side effect of cupping.
- The Hydrocollator is a medical device that is used to apply “wet heat” to a client. This action may cause increased redness in the area where it is applied. The Hydrocollator packs are kept in a hot water bath and burning is a potential risk.

I understand that while this document describes the major risks of treatment, other side effects and risks may occur. I do not expect the clinical staff to be able to anticipate and explain all possible risks and complications of treatment, and I wish to rely on the clinical staff to exercise judgment during the course of treatment which the clinical staff thinks at the time, based upon the facts then known, is in my best interest.

**Please notify your Acupuncturist if you are, or become pregnant, as this may change many of the risks stated above.**

I understand that results are not guaranteed. I understand the clinical and administrative staff may review my patient records and lab reports, but all my records will be kept confidential and will not be released without my written consent.