

## 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 acupuncture?**

Acupuncture is a form of therapy in which fine needles are inserted into specific points on the body.

### **Is acupuncture safe?**

Acupuncture is generally very safe. Serious side effects are very rare – less than one per 10,000 treatments.

### **Does acupuncture have side effects?**

You need to be aware that:

*drowsiness occurs after treatment in a small number of patients, and, if affected, you are advised not to drive;*

*minor bleeding or bruising occurs after acupuncture in about 3% of treatments;*

*pain during treatment occurs in about 1% of treatments;*

*symptoms can get worse after treatment (less than 3% of patients). You should tell your acupuncturist about this, but it is usually a good sign;*

*fainting can occur in certain patients, particularly at the first treatment.*

In addition, if there are particular risks that apply in your case, your practitioner will discuss these with you.

### **Is there anything your practitioner needs to know?**

Apart from the usual medical details, it is important that you let your practitioner know:

*if you have ever experienced a fit, faint or funny turn;*

*if you have a pacemaker or any other electrical implants;*

*if you have a bleeding disorder;*

*if you are taking anti-coagulants or any other medication;*

*if you have damaged heart valves or have any other particular risk of infection.*

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

### **Statement of Consent**

I confirm that I have read and understood the above information, and I consent to having acupuncture treatment. I understand that I can refuse treatment at any time.

Signature

Print name in full

Date