



## Acupuncture Physicians of Colorado

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### Acupuncture Consent Form

Acupuncture is an art of healing that involves the stimulation of specific points on the body to help recovery from diseases and/or relieve pain. The stimulation may be produced by needles, heat, digital pressure, cupping, electrical stimulation, or moxibustion (a technique of stimulating acupuncture points with herbs and heat), but most frequently in the form of needling. Acupuncture is a method of balancing and building the body's life force or energy known as "Qi" (chi). Diseases are due to an imbalance or blockage of the body's energy flow.

In rare incidences patients may experience certain side effects or reactions that could occur any time the skin is penetrated. This includes bleeding, infection, broken needles, fainting or other hazards. These risks are rare, and efforts are made to avoid these side effects or reactions by using sterile needles, avoiding needling into major blood vessels and avoiding soft tissue organs by placing needles into the muscles where acupuncture points are located.

Precautions are taken with the use of anticoagulants medication, bleeding disorders, pregnancy, implanted prosthetic devices. It is required that you inform your physician acupuncturist if you have any of these conditions.

As with any medical intervention, factors influencing the outcome include age, duration and complexity of the presenting problem, presence of concurrent acute and chronic illness, medication, history of certain surgical intervention, life styles and health factors, emotional state and basic vitality. In addition, certain medications or social habits are known to retard or lessen the potential beneficial results of acupuncture. These include alcohol, tobacco, steroids or narcotic medications. Again, it is important to inform your physician acupuncturist if you are taking any of these substances.

The acupuncture treatment is in the best interest of the patient, but there are no guarantees in the results, as all patents and medical problems are different. It usually requires a series of treatments in order to change your medical condition. By signing this consent for treatment, you are stating that you understand the benefits and risks associated with acupuncture and wish to proceed.

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Print Name

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Signature

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Date

### Instructions Prior to Acupuncture Treatment

Due to the nature of acupuncture therapy, it is important that you shower the day of or the night before your acupuncture appointment. Please avoid heavy lotions and powders. These instructions allow for a clean treatment area. If you have not properly prepared for your treatment, you may be asked to reschedule your appointment.

By signing below, I have read and understand what is expected prior to *each* acupuncture appointment.

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Print Name

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Signature

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Date