

Herbs and Nutritional Supplements- Patient Information and Consent Form

Herbs and/or Nutritional Supplements from the Oriental Materia Medica may be recommended to me to treat bodily dysfunction, to modify or prevent pain perception, and/or to normalize the body's physiologic functions. Herbs are used to facilitate the body's own restorative process. The herbs are typically taken by mouth in a tea, pill, or powder; topically by rubbing into the skin; or applied internally.

Herbs are considered safe in the practice of Chinese Medicine, although some substances may be toxic in large doses. Some dietary supplements are inappropriate during pregnancy, may interact with medications or other supplements, may have side effects of their own, or may contain potentially harmful ingredients not listed on the label. Most supplements have not been tested in pregnant women, nursing mothers, or children.

***Optional:* If you are participating in athletics, whether at the recreational/amateur level or as part of a scholastic athletics program or professional league, it is important for you to know that some commonly used herbs are banned by the World Anti-Doping Agency (WADA).

Potential risks include, but are not limited, to:

- Allergic reactions
- Nausea
- Gas
- Stomach ache
- Vomiting
- Headache
- Diarrhea
- Rash
- Hives
- Tingling of the tongue

Possible side effects of applying topical creams, liniments, ointments, and plasters include rashes, hives and tingling of the skin.

Due to possible interactions between herbs and Western medications, it is very important to report all prescribed and over-the-counter medications you are taking at the time of your visit.

Herbs are prescribed for the condition that you have at the time of treatment. If taken outside the prescribed time period, your condition may have changed or the herbs may

no longer be effective. If herbs are labeled with an expiration date, do not take them past the date indicated.

Your acupuncturist will either dispense herbs directly to you at the visit, or they will refer you to a trusted herbal dispensary that is known to the acupuncturist. For patients who wish to obtain their herbs from another dispensary not known to this practice, it is important to note that unknown dispensaries may not meet necessary quality control and safety measures. Patients should understand that there may be risks in obtaining herbs from unknown dispensaries.

Consent for Treatment with Herbs and/or Nutritional Supplements:

I have reviewed and I understand the information provided above, including the anticipated benefits, risks, and side effects of treatment. I have discussed this with my acupuncturist, and all of my questions have been answered to my satisfaction.

I understand the importance of communicating with all of my health care providers regarding my health status. I have provided my full medical history, current health status, all medications I am currently taking, and a description of my complaints. This information is complete and accurate, to the best of my knowledge.

I understand that I am not required to take the recommended herbs or nutritional supplements, but if I do decide to take these substances, I must follow the directions for administration and dosage. I will immediately notify my practitioner of any unanticipated or unpleasant effects associated with herbs or nutritional supplements.

By signing below, I hereby wish to proceed with treatment with herbs and/or nutritional supplements. I understand that I may withdraw my consent to treatment, and/or stop treatment, at any time.

Patient Name

Signature of Patient (or person authorized to consent on the patient's behalf)

Date