



Lois Nethery  
Acupuncture and Traditional Chinese  
Medicine Clinic

## New patient form

This information will be stored confidentially. Please refer to the "Informed Consent" form for details.

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### Personal details

Name: .....

Address: .....

Phone (h): .....

Mobile: .....

Email: .....

Occupation: .....

Date of birth: .....

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### Medical history

Surgery: .....

Accidents: .....

Illness (past or present): .....

Allergies: .....

Family history (eg cancer, stroke): .....

Current medication (incl vitamins etc): .....

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How did you hear about this clinic? .....

If referred by someone else, may we thank them for this referral? Y N

(Signature).....

Please tick here if you do NOT wish to receive email newsletters:



# Lois Nethery Acupuncture and Traditional Chinese Medicine Clinic

## Informed consent form

Traditional Chinese medicine is a very safe and effective therapy. Side effects are rare and usually mild. However, it is important that you are aware of the risks involved with the treatment so that you can weigh up the risks and benefits for yourself.

### Acupuncture

Acupuncture refers to the use of very fine needles, inserted at particular points on the body to relieve pain or regulate the body's function. During the acupuncture treatment you might feel a mild tingling, buzzing, heavy, pulling or gently throbbing feeling. The sensation varies from point to point and person to person. If the feeling is unpleasant, please tell your acupuncturist, as we do not wish you to be uncomfortable.

After the treatment, you will probably feel relaxed and perhaps a little light-headed. It is a good idea to rest after your treatment if possible, to enhance the healing effect. Fainting during or after treatment occurs very occasionally, usually in people who are nervous, hungry or who tend to faint at the sight of needles (or blood).

Within a few days of the treatment, you might feel soreness at one or more locations. This is a sign that the body is undergoing a healing reaction and the soreness will usually pass within a few days. If you are concerned, please call us. Occasionally, bruising may appear at one or more points. Again, it is nothing to be concerned about and will usually fade within a week or so. Please call us if you are uncertain.

In extraordinarily rare cases, there might be shortness of breath, sweating and chest pain after acupuncture. This is extremely unlikely to occur, but if you do feel these symptoms then please seek medical care immediately.

Large studies involving thousands of patients have shown that acupuncture is an extremely safe treatment.

### Cupping

Cupping is the use of glass cups applied to the body using suction. It is a pleasant sensation and has many health-giving benefits. You should be aware, however, that circular marks result from cupping treatment. The marks look similar to bruises and fade within a few days.

### Herbal medicine

Side effects from herbal medicine are relatively uncommon and usually mild, such as stomach irritation. If this occurs, you can take the herbs after meals. Interactions between herbal medicine and Western medicine are possible, so please tell your herbalist which Western medicines you are taking and tell your doctor that you are taking herbal medicine.

### Confidentiality

We protect your privacy by storing your personal and health information securely and only disclosing information with your consent, unless required by law.

I confirm that I have read and understood the risks involved and I consent to treatment with traditional Chinese medicine.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_