**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.

**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
* Existing 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 an 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.

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

**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
* If you have a particular risk of infection
* If you have had surgery or radiotherapy to the lymph nodes in the axilla
* If you have had chemotherapy recently
* If you have a prosthesis eg breast implant/artificial limb
* If you have had acupuncture before and whether it was beneficial or if you had any side effects

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

Patient’s signature: …………………………………………………………….

Print name: ……………………………………………………………………..

Date of birth: ………………………….. Today’s date: ……….………….

I confirm that I have explained the treatment including intended benefits and serious or frequently occurring risks.

Practitioner’s signature: …………………………………………………….

Print Name: Ms Ashling Moore DO BMAS AAGPH NLP

Date: ………………………………………….

This form has been adapted from the BMAS London Teaching Clinic (2007) G. Leng.

Reviewed April 2017. For review April 2019

**ACUPUNCTURE**

**– SEMI-PERMANENT INDWELLING NEEDLES (STUDS)**

**INTRODUCTION**

Acupuncture indwelling needles (studs) are used for a variety of conditions in order to prolong the effects of standard acupuncture treatment. The needles are held in place by a piece of wax in a small sticky plaster, which may additionally be covered by another dressing such as micropore.

**HOW TO USE STUDS**

The studs will remain in place for a period of time and stimulate acupuncture points. If needed, studs may be stimulated when symptoms occur by gently pressing and massaging in small circles. A mild discomfort may be felt when this is done.

**CARE OF STUDS**

There should be no problems when bathing or showering with the studs in place. If the plaster seems to be coming off, the edges can be taped down with tape such as micropore. Alternatively contact the clinic for the dressing to be replaced. Observe the studs for signs of infection such as redness, soreness, inflammation of the skin or the presence of pus. If there are signs of infection follow the instructions below.

**CHANGING/REMOVAL OF STUDS**

The studs will be changed at regular intervals at the clinic, or you may be shown how to change them yourself. If you are unable to attend when the studs are due for changing, please contact the clinic for advice. If you remove the studs yourself, simply peel off the plaster, place the studs in a container and return to the clinic for safe disposal***. DO NOT DISPOSE OF STUDS IN DOMESTIC WASTE*** as they may cause sharps hazard. Cleanse the skin with an antiseptic solution and leave open to the air to heal.

**ANY PROBLEMS/CAUTIONS**

If there are signs of infection follow the instructions above for removal. If you are at all concerned please contact the clinic or your GP medical centre for advice. Studs should not be used for patients having chemotherapy. If you are about to start chemotherapy, remove the studs 1 week before treatment or contact the clinic for advice. Studs should also not be used for patients who have problems with heart valves as there is a possibility of introducing infection. If you do have problems with heart valves, or are unsure, please contact the clinic for advice.

**CLINIC PHONE NUMBER – 07974247088**

**YOUR ACUPUNCTURE STUDS SHOULD BE REPLACED EVERY ……… WEEKS**

G Leng April 2017

Review date April 2019