PATIENT INFORMATION SHEET

Please read this 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. Your practitioner may also use a smouldering herb called 'moxa' to warm these points.

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?

- Drowsiness occurs after treatment in a small number of patients, and, if affected, you are advised not to drive until you feel better. Fainting can occur in certain patients, particularly at the first treatment. Please do have something to eat before attending acupuncture treatment.
- Minor bleeding or bruising occurs after treatment in about 3% of treatments;
- Pain during treatment occurs in about 1% of treatments and existing symptoms can get worse after treatment (less than 3% of patients). It's possible you may be more aware of your existing symptoms after treatment, this increased sensitivity usually settles down gradually before your follow up appointment;

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 particular risk of infection.

After your acupuncture treatment, please drink plenty of water and take rest if you need to.