

CONSENT FOR TREATMENT

Vitamin Injections

PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested vitamin injection(s). Vitamin injections are typically used as a treatment for a certain type of deficiency, i.e., B-12 for anemia (pernicious anemia). In this type of anemia, people lack intrinsic factor in the stomach which is necessary for the absorption of the vitamin. Vegetarians (especially vegans) are also given shots of B12 since their diet is low in animal products, the primary source of B12. People with chronic fatigue or anemia require weekly to monthly injections of vitamin B12 usually because the oral form is not dependable. Vitamin B12 shots are most effective when taken at regular intervals (usually weekly or monthly). I realize that a regular schedule to receive the injections can be customized to each individual. The body's ability to absorb vitamin B12 is reduced with increasing age. Older people are often detected to have a more potent vitamin B12 deficiency, even in cases where they do not suffer from pernicious anemia. Deficiency of vitamin B12 can lead to abnormal neurologic and psychiatric symptoms including ataxia (shaky movements and unsteady gait), muscle weakness, spasticity, incontinence, hypotension, vision problems, dementia, psychoses, and mood disturbances. Examples of other vitamin injections include Vitamin D, MIC, and Vitamin C. Vitamin C is rich in antioxidants that help getting rid of the harmful effects of free radicals in the body. It is vital for bone and teeth health, improves vision and regulates blood cholesterol levels. Vitamin D isn't technically a vitamin at all. It's a fat-soluble hormone that the body produces. This is accomplished by turning the sun's rays into vitamin D as they pass through the skin. MIC injections are typically used as an adjunt to weight loss regimen. I understand that the role of Methonine is to process and help the liver eliminate fat; Inositol is a cofactor in helping the liver break down the fats and clear them in the stool; Choline aids in fat metabolism and may also provide an energy boost.

PROCEDURE

An intramuscular (IM) injection is a shot of medicine given into a muscle. There are 4 main sites that can be used for IM injections. If many injections need to be given, injections should be given in different sites (*rotated*) each time. An injection should be separated from the previous site by 1 inch (2.5 cm). The ideal site depends on age, size, and amount of medicine in the injection.

RISKS AND COMPLICATIONS

- A vitamin shot is safe and generally has no side effects, even in higher doses
- Some redness and swelling at the injection site may occur. This should start to get better within forty-eight (48) hours.
- In rare cases, there can be diarrhea, peripheral vascular thrombosis, itching, transitory exanthema, urticaria, feelings of swelling of the whole body.
- Sensitivity to cobalt and/or cobalamin is a contraindication to B-12.
- People with chronic liver and/or kidney dysfunction should not take frequent B12 or MIC injections
- Interactions with drugs: Chloramphenicol can impede on the red blood cell producing properties of B12. Other drugs that decrease or reduce absorption of B12: antibiotics, cobalt irradiation, colchicine, colestipol, H2-blockers, metformin, nicotine, birth control pills, potassium chloride, proton pump inhibitors such as Prevacid, Losec, Aciphex, Pantaloc, and Zidovudine.
- B12 is contraindicated in Leber's disease, a hereditary optic nerve atrophic condition
- At high oral doses, the most common complaints of Vitamin C are diarrhea, nausea, abdominal cramps and other gastrointestinal disturbances due to the osmotic effect of unabsorbed Vitamin C in the GI tract. Injected and intravenous Vitamin C has not been shown to have these side effects. There have been case reports of kidney stones from intravenous vitamin C infusions.
- An MIC shot is safe and generally has no side effects, even in higher doses
- Some redness and swelling at the injection site may occur. This should start to get better within forty-eight (48) hours.
- In rare cases, MIC can cause diarrhea, itching, transitory exanthema, urticaria, feelings of swelling of the whole body.
- People with chronic liver and/or kidney dysfunction should not take frequent MIC injections

BENEFITS

- More energy, mental alertness and stamina for everyday tasks
- Healthier immune systems
- Improves sleep
- Increases metabolism, thereby aiding in weight loss

- Reduces allergies, stress and depression
- Improves mood stabilization
- Lessens frequency and severity of migraines and headaches
- Helps lower homocysteine levels in the blood, thereby reducing the probability of heart diseases and strokes
- Vitamin D aids the body's absorption of bone-building calcium which may decrease the risk of osteoporosis. It may also aid in the treatment of mood disorders such as depression as well as maintain healthy blood vessels.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

ALTERNATIVES

This is strictly a voluntary procedure. No treatment is necessary or required. Other alternative treatments which vary in sensitivity, effect and duration include: diet and exercise or oral vitamin therapy.

RESULTS

I am advised that though good results are expected, the possibility and nature of complications cannot be accurately anticipated and there can be no guarantee as expressed or implied either to the success or other result of treatment. I am aware that the duration of treatment is dependent on many factors including but not limited to: age, sex, tissue condition, my general health and lifestyle conditions. Clinical results will vary per patient.

QUESTIONS

This procedure has been explained to me by the staff of Nourished MedSpa and Wellness Center. I have had an opportunity to ask any questions and research the procedure to my satisfaction.

CONSENT

I understand that my consent and authorization for this procedure is strictly voluntary. I have already read and signed the Clinic's general consent and understand that it is still in effect. By signing this informed consent form, I hereby grant authority to Nourished MedSpa and Wellness Center and Dr. Jason Carter, MD (or other delegated medical providers for Nourished MedSpa and Wellness Center) to perform vitamin B-12 injection therapies and/or administer any related treatment as may be deemed necessary or advisable in the diagnosis and treatment of my condition. For purposes of advancing medical education, I consent to the admittance of observers to the treatment room.

The nature and purpose of this procedure and the complications and side effects have been fully explained to me. Alternative treatments and their risks and benefits have been explained to me and I understand that I have the right to refuse treatment. I agree to adhere to all safety precautions and instructions after the treatment. I have been instructed in and understand post treatment instructions and have been given a written copy of them. I understand that no refunds will be given for treatments received. No guarantee has been given or implied by anyone as to the results that may be obtained from this treatment.

I have read this informed consent and certify that I understand its contents in full. All of my questions have been answered to my satisfaction and I consent to the terms of this agreement. I have had enough time to consider the information given me by my physician/practitioner and feel that I am sufficiently advised to consent to this procedure. I accept the risks and complications of the procedure. I certify that if I have any changes occur in my medical history I will notify Nourished MedSpa and Wellness Center immediately.

I hereby voluntarily consent to this procedure and release Nourished MedSpa and Wellness Center, medical staff, and all associated professionals from liability associated with the procedure. I certify that I am a competent adult of at least 18 years of age and am not under the influence of alcohol or drugs. This consent form is freely and voluntarily executed and shall be binding upon my spouse, relatives, legal representatives, heirs, administrators, successors and assigns.

Patient Name	(please	print)
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Patient Signature

Date

Performed by (please print name and title)

Practitioner Signature

Date



PRE-TREATMENT INSTRUCTIONS

Vitamin Injections

- Be aware that **aspirin**, aspirin-containing medications (ie: Motrin), fish oil, flax seed, high doses of Vitamin A or E, Ginko Biloba, or Garlic may cause undue bleeding which may result in bruising. If you wish to minimize the risk of bleeding be advised that we recommend you avoid these substances for a minimum of **three days** prior to injection.
- Eat a meal or light snack prior to treatment. Notify clinician if you have a needle phobia, prior to treatment. This allows the clinician to take the appropriate precautions to ensure your treatment is as comfortable as possible.
- Optimal results are achieved with clients who continue treatments routinely. Frequency will depend on your individual needs/goals as well as your medical history.
- It is normal for the injection site to burn for just a few minutes immediately or shortly after the injection. This will dissipate once the muscle is used and the product diffuses into the muscle.
- Please call to reschedule if you experience flu-like symptoms or a respiratory infection the day prior to treatment. Also call to reschedule if you notice any type of skin condition on the area to be treated.

Please contact our office at 903-357-5108 with any questions or concerns.



POST-TREATMENT INSTRUCTIONS

Vitamin Injections

- 1. Effects will start to be apparent within several hours to days after treatment.
- 2. Side effects can occur but are often very mild. The most common symptoms are: pain/redness or itching at the injection site & mild diarrhea. These side effects will pass as time goes by.
- 3. Itching or a feeling of swelling all over the body may occur. If any of these effects persist or worsen, notify Dr. Carter promptly. Many people using this medication do not have serious side effects.
- 4. Notify Dr. Carter immediately if any of these unlikely but serious side effects occur: muscle cramps, weakness, irregular heartbeat.
- 5. People who have a rare blood disorder (polycythemia vera) may infrequently have symptoms related to this disorder while taking (B12 injections) cyanocobalamin. Seek immediate medical attention if any of these rare but very serious symptoms occur: chest pain (especially with shortness of breath), weakness on one side of the body, sudden vision changes, slurred speech.
- 6. Optimal results are achieved with clients who continue treatments routinely. Most patients will receive injections every 2-4 weeks.
- 7. Inform our office immediately if a reaction has occurred. If immediate care is needed, call Dr. Carter, proceed to the nearest emergency room, or call 911.

Please contact our office at 903-357-5108 with any questions or concerns. If you have an emergency or urgent pressing clinical issue, call Dr. Carter at 903-818-3467.

Please make an appointment for follow-up and reassessment in 4 weeks.

Patient Name (please print)

Patient Signature

Date