



## CONSENT FOR TREATMENT

### G-Shot for Him Procedure

#### PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested a G-shot for Him Treatment. I understand that Platelet Rich Plasma, (also known as "PRP") is an injection treatment whereby a person's own blood is used. A fraction of blood will be drawn up from me into a sterile vacutainer. The blood is spun in a special centrifuge to separate its components (Red and White Blood Cells, Platelet Rich Plasma, Platelet Poor Plasma and Buffy Coat). I understand that platelets are very small cells in my blood that are involved in the clotting and healing process. The injected platelets release a number of enzymes and growth factors to promote healing and tissue responses including attracting stem cells to repair the damaged area. This application of regenerative medicine stimulates new cell growth and differentiation in the penis. It has been shown to improve sexual sensitivity and sexual relations in many patients.

#### PROCEDURE

I understand that my blood will be drawn. My blood will then be spun down in a centrifuge and the different components will be separated and only the plasma and platelets will be used. In the procedure, first a powerful anesthetic agent (a combination of bupivacaine, tetracaine, and lidocaine) is applied topically to the penis. The PRP will then be injected into the penis. I agree to advise Nourished MedSpa and Wellness Center staff during the procedure as to the degree of discomfort I experience and to allow them to make adjustments as needed in our effort to achieve a safe and effective treatment without undesirable side effects.

#### RISKS AND COMPLICATIONS

Some of the potential side effects include (this list is exhaustive, the likelihood of any of these happening is remote):

Pain at the injection site, Scar formation, Hematoma, Bleeding, Burning or pain sensation when injecting, Bruising and/or Infection (as with any type of injection), Short lasting pinkness/redness (flushing) of the skin, Allergic reaction to the solution, Injury to a nerve and/or muscle (as with any type of injection), Itching at the injection site(s), Nausea /vomiting, Dizziness or fainting, Swelling, Minimal effect from the treatment, Urinary retention, Constant awareness of the penis, A sensation of always being sexually aroused, Mental preoccupation of the penis, Alteration of the function of the penis, Sexual function alteration, Urethral injury (tube you urinate through), Hematuria (blood in urine), UTI (Urinary Tract Infection), Urinary Urgency (feel like you always have to urinate), Urinary Frequency, Increased/worsening nocturia (waking up several times at night to urinate), Change in urinary stream, Urethral penile fistula (hole between urethra and penis), Dyspareunia (Painful intercourse), Need for subsequent surgery, Alteration of penile sensations, Scar formation, Urethral stricture (abnormal narrowing of the urethra), Local tissue infarction and necrosis, Yeast infection, Penile discharge, Bladder Pains, Overactive Bladder (OAB), Bladder Fullness, Pelvic Pains, Pelvic Heaviness, Erosions, Damage to nearby organs including bladder, urethra and ureters, Alteration of bladder dynamics, Post-operative pain, Prolonged pain, Intractable pain, Alteration of the male sexual response cycle, Failed procedure, Varied results, Psychological alterations, Relationship problems, Sex life alteration, Decreased sexual function, Possible hospitalization for treatment of complications, Nerve damage, Permanent numbness, Slow healing.

There are very few contraindications, however, patients with the following conditions are not candidates:

1. Acute and Chronic Infections
2. Skin diseases (i.e. SLE, porphyria, allergies)
3. Cancer
4. Chemotherapy treatments
5. Severe metabolic and systemic disorders
6. Abnormal platelet function (*blood disorders, i.e. Haemodynamic Instability, Hypofibrinogenemia, Critical Thrombocytopenia*)
7. Chronic Liver Pathology
8. Anti-coagulation therapy
9. Underlying Sepsis
10. Systemic use of corticosteroids within two weeks of the procedure

#### BENEFITS

Along with the benefit of using your own tissue therefore virtually eliminating allergies, there is the added intrigue of mobilizing your own stem cells for your benefit. PRP has been shown to have overall improvement in sexual function.





Nourished MedSpa and Wellness Center  
Additional Patient Information

Date: \_\_\_\_\_ Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**Questions: Based on last 6 months (each answer assigned 1-5 score)**

- A. How do you rate your confidence that you could get and keep an erection?
1. Score 1: Very Low
  2. Score 2: Low
  3. Score 3: Moderate
  4. Score 4: High
  5. Score 5: Very High
- B. When you had erections with sexual stimulation, how often were your erections hard enough for penetration?
1. Score 1: Never or almost never
  2. Score 2: A few times
  3. Score 3: Sometimes (about half the time)
  4. Score 4: Most times
  5. Score 5: Always or almost always
- C. During sexual intercourse, how often were you able to maintain your erection after you had penetrated or entered your partner?
1. Score 1: Never or almost never
  2. Score 2: A few times
  3. Score 3: Sometimes (about half the time)
  4. Score 4: Most times
  5. Score 5: Always or almost always
- D. During sexual intercourse, how difficult was it maintain your erection to completion of intercourse?
1. Score 1: Extremely difficult
  2. Score 2: Very difficult
  3. Score 3: Difficult
  4. Score 4: Slightly difficult
  5. Score 5: Not difficult
- E. When you attempted sexual intercourse, how often was it satisfactory for you?
1. Score 1: Never or almost never
  2. Score 2: A few times
  3. Score 3: Sometimes (about half the time)
  4. Score 4: Most times
  5. Score 5: Always or almost always

Patient Initial \_\_\_\_\_

How much purified water do you drink per day?  little to none  with meals  at least half my body weight in oz

Regarding sleep:  I get enough sleep and feel rested upon waking  I have difficulty falling asleep  
 I wake up and can't get back to sleep  I have broken sleep  I have difficulty getting up and moving in the morning

Activity Level: **(answer only one)**

- Inactive—no regular physical activity with a sit-down job.
- Light activity—no organized physical activity during leisure time.
- Moderate activity—occasionally involved in activities such as weekend golf, tennis, jogging, swimming or cycling.
- Heavy activity—consistent lifting, stair climbing, heavy construction, etc., or regular participation in jogging, swimming, cycling or active sports at least three times per week.
- Vigorous activity—participation in extensive physical exercise for at least 60 minutes per session 4 times per week.

With regard to your sexual dysfunction, please answer how it is affecting your life in each of the following places:

Work/Productivity:

- Increases  Decreases  Doesn't Affect

Energy Levels:

- I'm Vibrant  I'm Tired  I'm Exhausted  Doesn't Affect

Sleep:

- More Rested  Less Rested  Doesn't Affect

Mood:

- I'm Happier  I'm More Irritable  Doesn't Affect

Hobbies/Sports:

- Improves Performance & Enjoyment  Negatively Affects  N/A

Social Life:

- Makes me More Social  I'd Rather Stay Home  Doesn't Affect

Intimacy:

- Improves it  This is a Problem  Doesn't Affect

Family Life:

- Enhances it  Negatively Effects  Doesn't Affect

Marriage:

- Enhances it  Source of Strain in my marriage  Doesn't Affect

Patient Initial \_\_\_\_\_



## PRE-TREATMENT INSTRUCTIONS

### *“G-Shot for Him” Procedure*

**BEFORE:** The week before having the treatment (for best results):

1. AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 5 days before procedure (Tylenol is OK for pain relief right up to and including the day of procedure – do not exceed 4000mg in a 24-hour period).
2. AVOID the following nutritional supplements for 5 days before procedure -- Ginko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti--inflammatory nutrients.
3. AVOID the Systemic use of corticosteroids for 1 week before the procedure.
4. AVOID Alcohol and Cigarettes for 5 days before the procedure.
5. HYDRATE very well the day before and the day of the procedure for ease of blood draw.

**DURING:** The day of the procedure:

1. All paperwork will be completed
  - Personal Medical History and Symptom Questionnaires
  - Informed Consent
2. Blood is drawn and PRP is processed
3. Topical numbing cream is applied to injection site(s)
4. PRP is processed, activated and injected
5. Pump instructions provided
6. Schedule a 4--week follow up appointment.

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



## POST-TREATMENT INSTRUCTIONS

### "G-Shot for Him" Procedure

- Mild bruising and irritation may occur
- Follow the post procedure pump protocol (10 minutes daily)
- AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 5 days after procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24-hour period).
- AVOID the following nutritional supplements for 5 days after the procedure -- Ginko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti--inflammatory nutrients.
- AVOID the Systemic use of corticosteroids for 2 weeks after the procedure.
- AVOID Alcohol and Cigarettes for 5 days after the procedure.
- EAT a healthy diet and HYDRATE very well – at least 64 ounces of clean fresh water.

#### Proposed Supplement Plan

- Pycnogenol 80 mg daily
- L-arginine 3 grams daily
- Omega-3 fatty acids (minimum of 800mg of EPA and 300mg of DHA)
- Red wine extract 200mg daily
- Grape seed extract 100mg daily
- Niacin 800 mg daily
- Vitamin C 500 mg daily
- Vitamin E 400 IU daily
- DHEA 5mg daily
- Saw Palmetto 320mg divided twice daily

*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. Texting is the best way to reach Dr. Carter.*

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

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**Patient Name (please print)**

**Patient Signature**

**Date**