

## Omega 3 Injections Informed Consent

Client's name \_\_\_\_\_ Date \_\_\_\_\_

Omega 3 helps maintain good health and has been shown to be beneficial in helping to: reduce risk of cholesterol, high blood pressure, heart disease, stroke, diabetes, arthritis, irritable bowel syndrome, and depression. It has also been proven to reduce inflammation in the joints, help cognitive functioning, and improve joint pain associated from the different forms of joint disease. Another study suggests Omega 3 can promote weight loss by reducing hunger, fatigue, burning fat, and increasing energy levels.

Omega 3 Injections are better absorbed by the body since they go directly into the blood stream. Alternatives to these injections are Oral Vitamins, Capsules, Liquid drinks, Lotions, Topical Creams, and Mouth Sprays.

Omega 3 Injections common side effects include but are not limited to:

1. Risks: I understand there is risk of mild diarrhea, upset stomach, nausea, a feeling of pain and a warm sensation at the site of the injection, a feeling, or a sense, of being swollen over the entire body, headache and joint pain.
2. If any of these side effects become severe or troublesome I will contact my physician immediately.
3. I understand that although rare Omega 3 injections can result in serious side effects. Although this is a relatively rare occurrence, anyone taking Omega 3 injections should be aware of the possibility. Uncommon side effects are much more serious than the common side effects of Omega 3 injections, and such side effects should be reported to a physician to be evaluated for seriousness. Uncommon and dangerous side effects include:
  - headache
  - nausea
  - diarrhea
  - bloating
  - constipation
  - indigestion or heartburn
  - abnormal bleeding
  - gastrointestinal hyperactivity
  - chest pain
  - flushed face
  - chills
  - fever
  - mild stomach upset
  - belching
4. When medications that “thin” the blood are taken in conjunction with omega-3, drug interactions could occur. These interactions can either increase your risk of bleeding or block the absorption of omega 3 into the body. These medications at the time of your

injection should either be discontinued or be consulted with by a Physician. Some of these medication that may cause drug interactions include, but not limited to:

- Heparin (Fragmin, Lovenox, Innohep...ect.)
- Antithrombin (A Tryn, Thrombate III)
- Argatroban
- Aspirin
- Bivalirudin (Angiomax)
- Clopidogrel (Plavix)
- Warfarin (Coumadin, Jantoven)
- Nonsteroidal anti-inflammatory drugs (Ibuprofen,...etc.)

5. Before starting Omega 3 injections I will make sure to tell my Physician if I am pregnant, lactating or have any of the following conditions.

- Leber's Disease
- Kidney disease
- Liver disease
- A bleeding disorder
- Disbetes
- Colon polyps
- An infection
- Iron deficiency
- Folic acid deficiency
- An allergy to any foods, "fish", dye, or preservative

6. I understand that certain herbal products, vitamins, minerals, nutritional supplements, prescription and non prescription medications may result in side effects when they interact with the Omega 3 Injection.

7. Treatments: Will be determined by the provider.

I understand and agree that all services rendered to me are charged directly to me and that I am personally responsible for payment. I further agree in the event of non-payment, to bear the cost of collection, and/or Court cost and reasonable legal fees, should this be required.

By signing below, I acknowledge that I have read the foregoing informed consent and agree to the treatment with its associated risks. I hereby give consent to perform this and all subsequent Omega 3 Injections with the above understood. I hereby release the doctor, the person injecting Omega 3, and the facility from liability associated with this procedure.

*Patient Signature* \_\_\_\_\_ *Date:* \_\_\_\_\_