

## Vitamin E Injections Informed Consent

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

Vitamin E helps maintain good health and has been shown to be beneficial in helping to: act as an antioxidant, be used as an anti-inflammatory, help to prevent and treat disease, and to support the body's immune system. It can also be used to support circulation, promote respiratory health, and promote heart health.

Vitamin E 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, and Topical Creams.

Vitamin E 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 Vitamin E injections can result in serious side effects. Although this is a relatively rare occurrence, anyone taking Vitamin E injections should be aware of the possibility. Uncommon side effects are much more serious than the common side effects of Vitamin E injections, and such side effects should be reported to a physician to be evaluated for seriousness. Uncommon and dangerous side effects include:
  - hemorrhage
  - nausea
  - diarrhea
  - bloating
  - Intestinal cramping
  - indigestion or heartburn
  - headaches
  - blurred vision
  - unusual bruising or bleeding
  - gastrointestinal bleeding
4. Vitamin E supplements have the potential to interact with several types of medications. 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:
  - Aspirin
  - Ibuprofen
  - Dipyridamole (Persantine)
  - Clopidogrel (Plavix)

- Warfarin (Coumadin, Jantoven)
- Non-steroidal anti-inflammatory drugs (NSAIDs)

5. Before starting Vitamin E 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
- Proceeding on anticoagulant therapy (blood thinners)
- Deficiency in vitamin K
- An infection
- An allergy to cobalt or any other medication, vitamin, dye, food or preservative
- Dependent on intravenous nutrition (TPN) or liquid nutrition products for food
- Diabetes mellitus or high blood sugar levels
- An unusual or allergic reaction to other medicines, foods, dyes, or preservatives

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 Vitamin E 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 Vitamin E Injections with the above understood. I hereby release the doctor, the person injecting Vitamin E, and the facility from liability associated with this procedure.

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