

Acupuncture Steam Therapist Intake Form

Prepared by the Peristeam Hydrotherapy Institute by Steamy Chick

* Required

Name:

Date:

Contraindications

There are times when it is not beneficial for a woman to steam. First, let's check and make sure that you don't have any contraindications.

1. Check all that apply.

	Yes	No	Not Sure
Are you on your menstruation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you currently have fresh spotting?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you ever have spontaneous bleeding?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you ever have two periods per month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an infection characterized with a burning itch?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If trying to conceive are you past ovulation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have tubal coagulation (burning of the fallopian tubes through laparoscopic surgery through the belly button)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a birth control arm implant (i.e. nexplanon)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Important!

The above "Yes" replies indicate that vaginal steaming is contraindicated. It is not safe and could result in negative side effects such as the onset of bleeding, an outbreak, a miscarriage or a birth control failure. Steaming should not be performed at this time. If a birth control contraindication, it is up to the client whether or not she would like to do the steam session with the possible pregnancy risk.

Office Use Only:

Sensitivities

Some women are very responsive to steam and it can cause a physiological response. If you are in this category then it is okay to steam, however your practitioner will adjust your steam session and herbs so that it perfectly suits you.

2. Check all that apply.

	Yes	No	Not Sure
Is this your first time doing a vaginal steam session?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are your menstrual cycles currently or historically ever 27 days or shorter?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced any hot flashes over the past month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced any nightsweats over the past month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an IUD in?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently or historically prone to yeast infections?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently or historically prone to bacterial vaginosis?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have herpes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have the nuva ring in? (If so, it should be removed prior to steam session)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you age 13 or younger?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The above "yes" replies indicate sensitivity in which case a mild setup without a burner should be used. Under no circumstances should clients who have sensitivity use an advanced setup with a burner.

Herb Selection

It is best to select herbs suitable to your constitution. Your practitioner will use the info from this intake form to select a suitable vaginal steam formula for you.

3. Indicators for Cleansing (Blood Mover) Herbs

Check all that apply.

	Yes	No
Are your menstrual cycles 28 days or longer?	<input type="checkbox"/>	<input type="checkbox"/>
Is your menstrual cycle absent or missing for an unknown reason or because of birth control?	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently taking birth control pills?	<input type="checkbox"/>	<input type="checkbox"/>

4. Indicators for Mild (Qi Tonic) Herbs *

Check all that apply.

	Yes	No
Do you ever have menstrual cycles 27 days or less?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have fresh spotting between periods?	<input type="checkbox"/>	<input type="checkbox"/>
Are you underage 13?	<input type="checkbox"/>	<input type="checkbox"/>

5. Indicators for Disinfectant (Dampness Draining) Herbs *

Check all that apply.

	Yes	No
Are you prone to yeast infections?	<input type="checkbox"/>	<input type="checkbox"/>
Are you prone to bacteria infections?	<input type="checkbox"/>	<input type="checkbox"/>
Are you prone to viruses?	<input type="checkbox"/>	<input type="checkbox"/>

6. Indicators for Cooling and Yin Tonic Herbs *

Check all that apply.

	Yes	No
Do you have vaginal dryness?	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced hot flashes or night sweats recently?	<input type="checkbox"/>	<input type="checkbox"/>
Is there currently a hot climate?	<input type="checkbox"/>	<input type="checkbox"/>

7. Do you have any known herb or food allergies? *

For any herbs that you select double check to make sure there aren't any items in there that might conflict with known allergies (for example, citrus peels or cornsilk should not be used if someone has orange or corn allergies).

Cloaking

When steaming it is often commonplace to cloak. In certain customs a nice breathable fabric cloak is used. This cloak is safe in all situations. In other traditions a plastic cloak is used to increase sweating and circulation and to enhance the detoxification benefits of the steam session. In this instance plastic cloaking is not suitable if the client has excess heat in the body. Let's check for excess heat.

8. *Check all that apply.*

	Yes	No
Do you have hot flashes?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have night sweats?	<input type="checkbox"/>	<input type="checkbox"/>
Do you radiate heat?	<input type="checkbox"/>	<input type="checkbox"/>
Are you prone to infections or viruses?	<input type="checkbox"/>	<input type="checkbox"/>
Is it hot weather?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an aversion to heat?	<input type="checkbox"/>	<input type="checkbox"/>

Yes answers indicate excess heat in which case plastic cloaks are contraindicated.

Practitioner Use Only

9. Please choose the best setup: *

Check all that apply.

- Steaming is contraindicated
- Mild Setup
- Advanced Setup
- Cloak
- No Cloak
- Blood Moving Herbs
- Qi Tonic Herbs
- Dampness Draining Herbs
- Yin/Cooling Herbs

Waiver

IMPORTANT - PLEASE READ

Most of the side-effects reported while steaming are positive. Users have reported better sleep and lucid dreams, relaxation, decreased swelling in legs and feet, decreased abdominal bloating, slimmer waistline, increased libido and sexual sensation; increased vaginal nectar and fertility, decrease in breast soreness, fewer headaches, fewer PMS symptoms and improved emotional balance, increased circulation and energy, tingling feet, glowing skin, reduction in incidence of hormonal acne and increased lubrication and vaginal nectar, scar softening, tighter vaginal canal and harmonization with the moon cycle.

WHAT TO EXPECT

Steaming is a cleanse. Some of the possible signs the vaginal steaming is working is if you experience -- the urge to urinate while steaming, brown discharge after steaming, increased clots or cramps during the period, increased dry cramps, increased irregular vaginal discharge (white, green, thick, clumpy), emotional release, periods that come earlier or later than expected. All of these signs are a normal part of the cleansing process and these signs will go away once the cleanse is complete. Please note these changes and let your practitioner know of these positive changes.

BEST PRACTICES

1) Go to the bathroom directly prior to vaginal steaming.

2) Learn proper period care. Avoid tampon use and instead use cotton pads or period panties. The period is a uterine cleanse and if you support it the clots can easily clear out. Plugging up with tampons, on the other hand, prevents the old residue from clearing out and that is often be the cause of cramping. It's also important to rest during the period and to eat the right foods. For more information about proper period care please take the course -- Moon Medicine: Radical Self-Care Practices for the Perfect Period - - available on the Steamy Chick website.

3) Increased vaginal discharge can be addressed by using cotton underwear liners and a peri-bottle throughout the day to clean mucus off the skin.

CAUTION SIGNS

If steaming causes a rash, bumps, headaches, itchiness, diarrhea or the onset of fresh spotting or inter-period bleeding, this could be a sign that your steam protocol or herbs might need to be adjusted or that there is an allergic reaction. If these signs occur please let your practitioner know so they can adjust treatment as necessary.

In 99% of all cases using a mild steam session and mild herbs will prevent any of the above signs from happening so it's very important that you give honest answers in this intake form so that the practitioner can set up a steam session that will fit your needs.

Note: It is best practice to check that your vaginal steam specialist has a Vaginal Steam Facilitator

certificate in good standing. This certification ensures that your practitioner knows the proper safety standards regarding setting up a vaginal steam session tailored to fit your needs. Please check the Vaginal Steam Directory (www.vaginalsteamdirectory.com) to ensure that your practitioner has a valid certificate. The Peristeam Hydrotherapy Institute keeps an up-to-date list of all certified practitioners on the directory so if they are not on the map it is possible that the certificate is fabricated.

I _____ understand that vaginal steaming may have positive or negative side effects as a result of doing a vaginal steam session. I accept legal responsibility for my choice to do a vaginal steam session and waive the responsibility of the practitioner and the facility where the steam session takes place in the case that any of the named side effects (or others) may occur.

Signature

Date

Parental Consent Form

If the client is a minor please have the parent or legal guardian sign below.

Print Minor Name:

Print Name of Parent/Legal Guardian:

I, the legal guardian named above, give permission for the minor named above to do a vaginal steam session.

Date:

Parent/Legal Guardian Signature:

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