

Informed Consent about Planned Leech Therapy

Dear Patient,

Together we have planned a leech treatment for your medical ailments. For this unusual treatment, we have a consultation today to discuss the specifics of the therapy.

This also includes important information for your behaviour before and after the therapy as well as information on the treatment procedure. Even if you have already had leech therapy before, it is important that you are informed again.

When and how often have you already had a leech therapy? _____

It is important for planning purposes to list all the medication you are taking, including e.g. naturopathic, herbal preparations, enzyme preparations, MSM, turmeric etc.

Please document here the preparations you are taking and the dosages (if known)

_____	_____	_____
_____	_____	_____
_____	_____	_____

We may need to discuss that some of your medication should be taken **after** the leech therapy on the day of treatment, as it can, for example, make the leech tired.

Have you had a vaccination recently? No ☐ If so ☐, which one?

Do you have any known allergies? No ☐ If so ☐, which one?

Do you have any pre-existing illnesses? No ☐ If so ☐, which one?

PREPARATION for the treatment

Please do not use scented shower gels, lotions, essential oils, ointments or similar 1-2 days before the treatment, as leeches are very sensitive to odours. For this reason, you should also avoid smoking on the day of treatment if possible. Garlic should also be avoided the day before if possible.

It is best to come to the treatment in wide, loose clothing (which will fit over a bandage afterwards). If your hands or feet are being treated, remember that you cannot drive with a bandage on. As bleeding occurs during and after the treatment, your clothing should be washable.

Information on the treatment procedure

The leech treatment takes up to two hours, as the leeches suck for different lengths of time (so please make sure you empty your bladder beforehand). The leeches are applied to the planned areas where they saw through the skin with small calcareous teeth. You will feel this as a slight burning sensation. The leeches then remain in these places, so no leech will crawl over you.

While the leeches are sucking, you can rest or read and call someone at any time by ringing the bell. Please let the leech work in peace, it should not be pulled or squeezed during this time. When the leeches have had their fill, they fall off by themselves and are then placed in a collecting jar. We like to allow the bite marks to bleed freely for a little, which has a wound cleansing effect, before we bandage them in the practice.

A service provided by



Biebertaler Bluteigelzucht GmbH
Talweg 31
Biebertal
Geschäftsführer:
Dr. Dipl. Ing. Harald Th. Galatis

tel.: 06409 66140-0
fax: 06409 66140-75
E-Mail: blutegel@blutegel.de
www.blutegel.de

AG Gießen HRB 6760D-35444
Ust-ID-Nr. DE 814938938

Rules of conduct for the patient after treatment

A desired effect of the leech treatment is post-treatment bleeding, which functions like localised bloodletting. The number of leeches is selected in such a way that no blood volume effective on circulation is lost. Nevertheless, you should plan to rest after the treatment and drink plenty of fluids. An absorbent bandage is applied, deliberately NOT a pressure bandage, as the bleeding should not be stopped. If the bleeding continues for more than 24 hours, please contact the practice or call the telephone number provided.

Small crusts form on the bite marks; please do not remove these or scratch the bite marks under any circumstances (increased risk of infection from skin germs). Depending on the location, the crusts can be covered with a small plaster to prevent chafing through clothing.

There is often **redness** around the crusts, frequently with **swelling** and **hyperthermia**, sometimes with a small bruise. This is normal and shows that the active ingredients of the leeches' saliva are working! It often itches in this area for several days, PLEASE AVOID SCRATCHING. Cooling, for example with quark, Retterspitz or, if necessary, antihistamines in gel or tablet form can help.

When your arms or legs are treated, please keep them mainly elevated for 2-3 days and generally rest.

Lymph nodes may swell due to the increased lymph flow, which is a desirable effect of leech therapy. Drink enough fluids to support the lymph flow.

Later on, skin discoloration may occur at the bite sites, which may persist for months. Scarring may occur after inflammation (e.g. due to scratching) or if there is a tendency to keloid formation.

If you have any complaints that cannot be classified, please contact us on the following telephone number:

Very common (> 1/10) and common side effects ($\geq 1/100$ - < 1/10): Lymph node swelling, pseudo allergic local reaction (itching, redness, hyperthermia, swelling, pain).

Rare ($\geq 1/10,000$ - < 1/1,000) and very rare adverse reactions (< 1/10,000): Circulatory reactions, inflammations, infections, allergic reactions, permanent depigmentation, permanent scars.

Further possible side effects are described in the package insert of Blutegel Medirud®.

Supplementary case-related advice from the therapist (if required):

Patient declaration:

I have read and understood the rules of conduct and information. My therapist has informed me about possible side effects. It was also discussed that there is no "guarantee of success" for leech treatment.

I would like to have the leech treatment carried out.

Date

Signature of Patient

Date

Signature of treating therapist

Practice stamp

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