

**Consent Form Example**

An example of a consent form, to be countersigned by a registered medical practitioner, is provided here:

“I have been diagnosed with the following condition(s):

.....

Through my own research I have become aware of establishments in New Zealand and overseas that provide intravenous infusions of vitamin C or a combination with other nutrients.

I understand that while the safety of these treatments is now supported by double-blind placebo randomised controlled trials, only a limited number of case studies and phase I or II clinical trials have shown efficacy. I am also aware that these treatments may cause complications ranging from non-drug effects to more serious side effects. I have been informed that in this clinic’s history since 1981 there have been no deaths as a result of the treatments provided by this clinic (including in-home care, public hospital, hospices, private hospitals and rest homes).

I have had ample time to consider all of the above and after seeking counsel from my next-of-kin and/or independent physician(s), I have decided to undergo such treatments.

I understand and accept that I can withdraw from or the Doctor and staff of The Clinic can cease providing treatment at any time either party deems it to be appropriate.

Before signing this consent form I have been made aware of the charges for treatment, testing and other services provided by The Clinic.

I hereby provide consent for The Clinic to communicate with my primary healthcare provider and/or other health providers who are involved in my healthcare.

I sign this consent being of sound mind.”

Patients can strike out the clause about consent to communicate if they wish.

## Consent Discussion – Example Content

Refer also to other sections of these guidelines and references, and to other material relevant for the patient's condition and proposed treatment plan.

### Safety

IVC has a very good safety record worldwide. There are a small number of case reports of possible links with renal failure and renal stones but all of these cases had other factors and medications involved so it is difficult to confirm if vitamin C was in any way a causal factor. At the Clinic baseline renal function was monitored regularly and no negative impact on renal function or incidence of renal stones was observed in patients having IVC. (See the Treatment Precautions section above)

In the Clinic's history since 1981, there were no deaths as a result of treatments provided. The Clinic did a blood test to exclude a rare genetic condition called G6PD deficiency. Patients with G6PD deficiency were not administered more than 25 grams of Ascorbic Acid or 30 grams of Sodium Ascorbate intravenously, as there is an increased risk of haemolysis (bleeding).

### Side-Effects

IVC is normally well-tolerated. Some people notice side effects which are usually minor and transient, resolving within 1-2 hours. See Possible Effects of IVC for details.

**\* NOTE:** Always discuss effect of IVC on blood fingerprick glucose readings in people with diabetes. See Testing Precautions for details.

### Potential Benefits

There are a growing number of clinical studies on IVC. The clinical studies available show benefits in burns patients, sepsis, improved recovery from a range of infections, and pre- and post-surgery, and improved quality of life (QOL) in cancer patients. More clinical studies are required. Clinical experience supports potential benefits in all these areas. Benefits in chronic fatigue, some auto-immune conditions, and to support amalgam removal and wound healing have also been observed.