



VAGINAL STEAM CONSULTATION FORM

ALL INFORMATION IS CONFIDENTIAL

Today's Date: 02.25.2021

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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.

Are you currently on your period? Yes No

Do you currently have fresh spotting? Yes No

Have you had spontaneous bleeding within the past 3 months? Yes No

Have you had two periods per month in the past 3 months? Yes No

Are you pregnant? Yes No

If trying to conceive are you past ovulation? Yes No When was your last menstrual period? 02/10/21

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 or a miscarriage. Steaming should not be performed at this time.

Do you have an infection characterized with a burning itch? Yes No

Do you have tubal coagulation (burning of the fallopian tubes through laparoscopic surgery through the belly button)? Yes No

Do you have a birth control arm implant (i.e. nexplanon)? Yes No

Do you have any piercings? Yes No

IMPORTANT

If you are using the above birth control methods vaginal steaming could cause a birth control failure. It is not recommended unless you are okay with a backup form of birth control or you are not concerned about a possible pregnancy. If you have a burning itch the warmth from the steam could be uncomfortable since there is already so much heat in that area. In this case it is best to seek treatment from an acupuncturist to get the burning sensation to go away prior to doing a vaginal steam session.

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.

Is this your first time doing a steam session? Yes No

Is this your first time having a vajacial? Yes No

Are your menstrual cycles currently or historically ever 27 days or shorter? Yes No 30 days

Have you experienced any hot flashes over the past month? Yes No

Have you experienced any night sweats over the past month? Yes No

Do you have an IUD in? Yes No

Are you currently or historically prone to yeast infections? Yes No

Are you currently or historically prone to bacterial vaginosis? Yes No

Do you have herpes? Yes No

Do you have the nuva ring in? (If so, it should be removed prior to steam session) Yes No

Do you have a history of spontaneous bleeding or two periods per month (4 months or later in the past)? Yes No

The above "Yes" replies indicate sensitivity in which case a mild setup which should be performed 10-15 minutes. Under no circumstances should clients who have sensitivity use an advanced setup which is 25- 30 minute steam sessions

