

Informed Consent

for Injection of PRP or Prolotherapy to:

CHECK ALL ALLERGIES

- | | | | |
|--|---|--|------------------------------------|
| ☐ Latex or Nitrile Gloves | ☐ Sodium Citrate | ☐ Rubbing Alcohol | ☐ Iodine |
| ☐ Stanhexidine | ☐ Lidocaine | ☐ Cortisone | ☐ Band-Aids |

ANSWER ALL QUESTIONS

- | | | | |
|--|-----------------------------|------------------------------|--|
| Have you ever fainted due to a procedure? | ☐ NO | ☐ YES | If yes, lie down for 5mins |
| Are you on blood thinners? (eg: Aspirin, Warfarin) | ☐ NO | ☐ YES | If yes, hold pressure for 5mins injection |
| Do you have diabetes? | ☐ NO | ☐ YES | If yes, monitor glucose 8x in the next 48h |
| Do you think you have any infections today? | ☐ NO | ☐ YES | If yes, we may need to postpone |
| Have you had a vaccination in the last 30 days? | ☐ NO | ☐ YES | If yes, we may need to postpone |

LIST ANY MEDICAL CONDITIONS OR SURGERIES YOU HAVE HAD

LIST ANY MEDICATIONS OR VITAMINS / SUPPLEMENTS YOU HAVE TAKEN IN THE PAST 7 DAYS

RISK OF INJECTIONS

- 90% MINOR ACHING AT THE INJECTION SITE:** This is similar to the feeling of the ache from any injection.
- 30% SEVERE PAIN FLAREUP:** It is a simple immune system reaction. Use ice and take Tylenol or Codeine.
- 10% FAILURE TO IMPROVE SYMPTOMS:** It will most likely make things worse for a period of 1 – 4 weeks
- 5% TISSUE INJURY OR DAMAGE:** No intense activity for 7 days to reduce this risk, but it still may occur later.
- 2% FAINTING:** Some people may faint. Please tell us if this has happened to you before.
- 1% NERVE INJURY OR DAMAGE:** Report any nerve pain during or after the injection immediately.
- 0.1% INFECTION:** If you develop fever, chills, redness or heat in the injected area, go to Urgent Care/ER.
- 0.1% ALLERGIC REACTION:** You may have an unexpected allergic reaction to an injection.
- 0.1% OTHER ADVERSE EFFECTS:** Other reactions to injections cannot be ruled out, such as tissue death.

PRINT NAME

DATE

SIGNATURE

The cost of the medicine is not covered by Alberta Health Care

Hyaluronic Acid	SportVis \$200	Orthovisc \$250	Durolane \$525	Monovisc \$525	Cingal \$575
Prolotherapy: a dextrose and lidocaine injection to stimulate healing in soft tissue	²⁰ \$150	³⁰ \$250	³⁰ \$350	⁵⁰ \$450	⁶⁰ \$550
PRP: growth factors from your own blood to stimulate healing in soft tissue & joints	¹ \$500	² \$750	³ \$1000	⁴ \$1000	