

Yoni-Vaginal Steam Intake form

Practitioner Name _____

Practitioner Email _____

Client Name _____

Client Address _____

Client Phone Number _____

Client Email _____

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.

Please Mark Any of the Following that Apply

	Yes	No
Are you currently on your period?	<input type="checkbox"/>	<input type="checkbox"/>
Do you currently have fresh spotting?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had spontaneous bleeding in the last 3 months?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had 2 periods per month in the last 3 months	<input type="checkbox"/>	<input type="checkbox"/>
Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>
If trying to conceive are you past ovulation?	<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 or a miscarriage. Steaming should not be performed at this time.

Please Mark Any of the Following that Apply

Do you have an infection with a burning itch?

Yes	No

Do you have tubal coagulation (burning of fallopian tubes)

--	--

Do you have a birth control arm implant (i.e. nexplanon)

--	--

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.

Please Mark Any of the Following that Apply

	Yes	No
Is this your first time doing a steam session?		
Are your menstrual cycles currently ever 27 days or less?		
Do you experience hot flashes?		
Do you have night sweats?		
Do you have an IUD?		
Are you prone to yeast infections?		
Are you prone to bacterial vaginosis?		
Do you have herpes?		
Do you have a Nuva ring in?		
Are you age 18 or older?		

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. session.

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.

Cleansing Herb Indicators

Please Mark Any of the Following that Apply

	Yes	No
Are your menstrual cycles 28 days or more?		
Do you have irregular menstrual cycles?		
Are you currently taking birth control pills?		

Disinfecting Herb Indicators

Please Mark Any of the Following that Apply		
	Yes	No
Do you have a thick vaginal discharge?		
Do you have a vaginal smell?		

Hydrating Herb Indicators

Please Mark Any of the Following that Apply		
	Yes	No
Do you have vaginal dryness?		
Do you have hot flashes?		
Do you have night sweats?		
Do you have an aversion to heat?		
Do you radiate heat?		
Do you have an infection without discharge?		

Do you have any Food or Plant Allergies?

Do you have any questions or hesitations prior to your Steam Session?
