



**FERTILITY QUESTIONNAIRE**

Please complete this document as thoroughly as possible. Some of the questions that follow may seem unrelated to your condition, but they may play a major role in diagnosis and treatment.

**All information is strictly confidential.**

**PATIENT INFORMATION**

Date \_\_\_\_\_  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Birth Date \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
 Marital Status \_\_\_\_\_ Occupation \_\_\_\_\_  
 Your Physician \_\_\_\_\_  
 Physician's Phone \_\_\_\_\_  
 Your OB/GYN \_\_\_\_\_  
 OB/GYN Phone \_\_\_\_\_  
 How did you hear about our office? \_\_\_\_\_

**CONTACT INFORMATION**

Home Phone \_\_\_\_\_  
 Work Phone \_\_\_\_\_  
 Cell Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_  
 Emergency Contact:  
 Name \_\_\_\_\_  
 Relationship \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Work Phone \_\_\_\_\_  
 Cell Phone \_\_\_\_\_  
 Have you ever had acupuncture? \_\_\_\_\_

**MEDICAL HISTORY**

Reason for visit today \_\_\_\_\_  
 How long have you had this condition? \_\_\_\_\_ Is it getting worse? \_\_\_\_\_  
 What seemed to be the initial cause? \_\_\_\_\_  
 List medications/supplements taken in the last two months \_\_\_\_\_  
 \_\_\_\_\_

**FAMILY HISTORY (please check any of the following that have occurred in your blood relatives)**

<input type="checkbox"/> Alcoholism	<input type="checkbox"/> Asthma	<input type="checkbox"/> Heart Disease	<input type="checkbox"/> Stroke
<input type="checkbox"/> Allergies	<input type="checkbox"/> Cancer	<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Other _____
<input type="checkbox"/> Arteriosclerosis	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Seizures	

**PAST MEDICAL HISTORY (please check any conditions you have or have had in the past)**

<input type="checkbox"/> AIDS/HIV	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Measles	<input type="checkbox"/> Scarlet Fever
<input type="checkbox"/> Alcoholism	<input type="checkbox"/> Emphysema	<input type="checkbox"/> Multiple Sclerosis	<input type="checkbox"/> Seizures
<input type="checkbox"/> Allergies	<input type="checkbox"/> Epilepsy	<input type="checkbox"/> Mumps	<input type="checkbox"/> Stroke
<input type="checkbox"/> Arteriosclerosis	<input type="checkbox"/> Goiter	<input type="checkbox"/> Pacemaker	<input type="checkbox"/> Thyroid Disorders
<input type="checkbox"/> Asthma	<input type="checkbox"/> Gout	<input type="checkbox"/> Pleurisy	<input type="checkbox"/> Typhoid Fever
<input type="checkbox"/> Birth Trauma	<input type="checkbox"/> Heart Disease	<input type="checkbox"/> Pneumonia	<input type="checkbox"/> Ulcers
<input type="checkbox"/> Bleeding Disorders	<input type="checkbox"/> Hepatitis	<input type="checkbox"/> Polio	<input type="checkbox"/> Venereal Disease
<input type="checkbox"/> Cancer	<input type="checkbox"/> Herpes	<input type="checkbox"/> Rheumatic Fever	<input type="checkbox"/> Whooping Cough
<input type="checkbox"/> Chicken Pox	<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Tuberculosis	<input type="checkbox"/> Other (list below)
<input type="checkbox"/> Surgery (list below)	<input type="checkbox"/> Major Trauma (car, fall, etc. [list below])		

Details: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**HEALTH HISTORY** (please check any symptoms you currently have or have had in the past year)

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**GENERAL SYMPTOMS**

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- |  |  |   |  |
|--|--|---|--|
| <input type="checkbox"/> Like cold drinks        | <input type="checkbox"/> Fatigue                         | <input type="checkbox"/> Chills           | <input type="checkbox"/> Sweat easily      |
| <input type="checkbox"/> Like hot drinks         | <input type="checkbox"/> Lack of strength                | <input type="checkbox"/> Fever            | <input type="checkbox"/> Vertigo/dizziness |
| <input type="checkbox"/> Recent weight loss/gain | <input type="checkbox"/> Bodily heaviness                | <input type="checkbox"/> Aversion to cold | <input type="checkbox"/> Muscle cramps     |
| <input type="checkbox"/> Poor sleep              | <input type="checkbox"/> Cold hands or feet              | <input type="checkbox"/> Aversion to heat | <input type="checkbox"/> Other _____       |
| <input type="checkbox"/> Heavy sleep             | <input type="checkbox"/> Poor circulation                | <input type="checkbox"/> Night sweats     |  |
| <input type="checkbox"/> Dream-disturbed sleep   | <input type="checkbox"/> Peculiar taste (describe below) |   |  |

Details: \_\_\_\_\_

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**HEAD, EYES, EARS, NOSE, THROAT**

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- |  |  |  |  |
|--|--|--|--|
| <input type="checkbox"/> Headaches     | <input type="checkbox"/> Blurred vision          | <input type="checkbox"/> Sinus problems                    | <input type="checkbox"/> Nasal discharge   |
| <input type="checkbox"/> Migraines     | <input type="checkbox"/> Teeth problems          | <input type="checkbox"/> Excessive phlegm<br>(Color _____) | <input type="checkbox"/> Nasal obstruction |
| <input type="checkbox"/> Eye strain    | <input type="checkbox"/> Grinding teeth          | <input type="checkbox"/> Swollen glands                    | <input type="checkbox"/> Ringing in ears   |
| <input type="checkbox"/> Eye pain      | <input type="checkbox"/> TMJ                     | <input type="checkbox"/> Lumps in throat                   | <input type="checkbox"/> Poor hearing      |
| <input type="checkbox"/> Red eyes      | <input type="checkbox"/> Gum problems            | <input type="checkbox"/> Recurrent sore throat             | <input type="checkbox"/> Earaches          |
| <input type="checkbox"/> Itchy eyes    | <input type="checkbox"/> Dry mouth               | <input type="checkbox"/> Enlarged thyroid                  | <input type="checkbox"/> Ear discharge     |
| <input type="checkbox"/> Spots in eyes | <input type="checkbox"/> Sores on lips or tongue | <input type="checkbox"/> Nose bleeds                       | <input type="checkbox"/> Concussion        |
| <input type="checkbox"/> Poor vision   | <input type="checkbox"/> Excessive saliva        |  | <input type="checkbox"/> Other _____       |

Details: \_\_\_\_\_

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**SKIN/HAIR**

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- |  |                                    |  |  |
|--|------------------------------------|--|--|
| <input type="checkbox"/> Dryness       | <input type="checkbox"/> Psoriasis | <input type="checkbox"/> Brittle hair/nails  | <input type="checkbox"/> Dark circles under eyes |
| <input type="checkbox"/> Hematomas     | <input type="checkbox"/> Eczema    | <input type="checkbox"/> Dandruff            | <input type="checkbox"/> Bags under eyes         |
| <input type="checkbox"/> Bruise easily | <input type="checkbox"/> Acne      | <input type="checkbox"/> Premature gray hair | <input type="checkbox"/> Other _____             |
| <input type="checkbox"/> Rashes        | <input type="checkbox"/> Oily skin | <input type="checkbox"/> Hair loss           |  |
| <input type="checkbox"/> Itchiness     | <input type="checkbox"/> Jaundice  | <input type="checkbox"/> Dry scalp           |  |

Details: \_\_\_\_\_

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**RESPIRATORY**

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- |   |  |  |  |
|---|--|--|--|
| <input type="checkbox"/> Asthma   | <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Bronchitis              | <input type="checkbox"/> Sensitivity to heat |
| <input type="checkbox"/> Cough ( <input type="checkbox"/> Wet <input type="checkbox"/> Dry) | <input type="checkbox"/> Wheezing            | <input type="checkbox"/> Frequent colds          | <input type="checkbox"/> Sensitivity to cold |
| <input type="checkbox"/> Coughing blood   | <input type="checkbox"/> Sneezing            | <input type="checkbox"/> Sensitivity to humidity | <input type="checkbox"/> Other _____         |
| <input type="checkbox"/> Pneumonia  | <input type="checkbox"/> Snoring             | <input type="checkbox"/> Sensitivity to dryness  |  |
| <input type="checkbox"/> Phlegm/sputum  | <input type="checkbox"/> Tightness in chest  | <input type="checkbox"/> Sensitivity to wind     |  |

Details: \_\_\_\_\_

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**CARDIOVASCULAR**

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- |  |   |  |   |
|--|---|--|---|
| <input type="checkbox"/> Low blood pressure  | <input type="checkbox"/> Tachycardia        | <input type="checkbox"/> Irregular heartbeat | <input type="checkbox"/> Varicose veins |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Blood clots        | <input type="checkbox"/> Swelling of ankles  | <input type="checkbox"/> Other _____    |
| <input type="checkbox"/> Chest pain          | <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Edema               |   |

Details: \_\_\_\_\_

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**GASTROINTESTINAL**

- Nausea
- Vomiting
- Bloating
- Gas
- Hiccup
- Acid regurgitation
- Indigestion
- Stomachache
- Intestinal pain
- Diarrhea/loose stools
- Constipation
- Black stools
- Bloody stools
- Mucous in stools
- Hemorrhoid
- Other \_\_\_\_\_

Details: \_\_\_\_\_

**MUSCULOSKELETAL**

Pain, numbness, and/or weakness in:

- Arms
- Elbows
- Wrists
- Hands
- Shoulders
- Legs
- Hips
- Knees
- Ankles
- Feet
- Neck
- Upper back
- Middle back
- Lower back
- Joints
- Other \_\_\_\_\_

Details: \_\_\_\_\_

**NEUROPSYCHOLOGICAL**

- Paralysis
- Tremor
- Seizures
- Poor memory
- Difficulty focusing/concentrating
- Depression
- Anxiety
- Irritability
- Mood swings
- Easily stressed
- Feel angry
- Feel sad
- Forgetful
- Mind not clear
- Fear
- Nervousness
- Suicidal thoughts
- Other \_\_\_\_\_

Details: \_\_\_\_\_

**GENITO-URINARY**

- Bed wetting
- Inability to control urine
- Other \_\_\_\_\_
- Blood/pus in urine
- Kidney infection/stones
- Decreased libido
- UTI
- Frequent urination
- Wake to urinate

Details: \_\_\_\_\_

**DIET & LIFESTYLE (List average daily menu)**

<p>Morning</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Morning Snack</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Lunch</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Afternoon Snack</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Evening</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Evening Snack</p> <p>_____</p> <p>_____</p> <p>_____</p>

- Alcohol
- Caffeine
- Drugs
- Other \_\_\_\_\_
- Tobacco
- Artificial sweetener
- Sugar
- Good appetite
- Poor appetite
- Stress
- Occupational hazards
- Exercise excessively
- Exercise regularly

Details: \_\_\_\_\_

**PREMENSTRUAL SYMPTOMS**

Check if you have any of the following symptoms:

- Acne  Fatigue  Irritable, depressed
 Bloating abdomen  Sore, tender breasts  Mood swings

Please check all that apply:

- Abdominal pain  Before period  During period  After period
 Low back pain  Before period  During period  After period
 Loose stools  Before period  During period  After period
 Headaches  Before period  During period  After period

Other \_\_\_\_\_

**MENSTRUAL CYCLE**

Age at which menses began \_\_\_\_\_

Have your cycles changed since they began?  Yes  No How? \_\_\_\_\_

Date of last menstrual period \_\_\_\_\_ How many days between cycles? \_\_\_\_\_

Do you bleed or spot between periods?  Yes  No

Are your menstrual cycles spaced irregularly?  Yes  No Please explain \_\_\_\_\_

How long does your period last? \_\_\_\_\_

Are your periods painful?  Yes  No How many days does the pain last? \_\_\_\_\_

How heavy is the bleeding?  Light  Medium  Heavy

What color is the blood?  Light red  Red  Dark red  Purple  Brown  Black

Is there clotting?  Yes  No Clot size: \_\_\_\_\_ Is there any mucus?  Yes  No

On what day of your cycle do you ovulate? \_\_\_\_\_

What method do you use to determine ovulation? \_\_\_\_\_

Do your breasts get tender at/during ovulations?  Yes  No

Do you have pain or cramping during ovulation?  Yes  No Where? \_\_\_\_\_

Do you notice an increase in discharge within the first two weeks after your period?  Yes  No

If you answered "yes" above, please fill in the next two questions:

First week discharge is:  Light  Medium  Heavy Texture:  Clear/stretchy  Thick/cloudy

Second week discharge is:  Light  Medium  Heavy Texture:  Clear/stretchy  Thick/cloudy

**GYNECOLOGY HISTORY**

Have you ever been diagnosed with any of the following:

- Endometriosis  Menopause  Tumors in the adrenal glands
 Endometritis  POF (premature ovarian failure)  Tumors in the pituitary glands
 Amenorrhea  Pelvic inflammatory disease  Tumors in the ovaries
 Anovulation  PCOS (polycystic ovary syndrome)  Fallopian tube blockage
 Candidiasis  Hypothalamic anovulation  Uterine and cervical abnormality
 Chlamydia  Hyperprolactinaemia  Vaginal infection
 Genital herpes  Uterine fibroids or polyps  Vaginal prolapse
 HPV (human papiloma virus)  Resistant ovary syndrome  Venereal disease
 Inherited parental genetic abnormalities  Other \_\_\_\_\_

If you checked any above, when were you treated? \_\_\_\_\_

How were you treated? \_\_\_\_\_

Have you ever had any of the following?

- Regularly occurring yeast infections  Chronic vaginal discharge  Painful intercourse

Please fill in the following if applicable:

Table with 5 columns: Symptom, Number, Year(s), Symptom, Number, Year(s). Rows include Pregnancy(ies), Children, Abortions, Miscarriages, D&Cs, Tubal Pregnancy(ies).

Have you ever taken oral contraceptives?  Yes  No When? \_\_\_\_\_ How long? \_\_\_\_\_  
 Have you ever had an IUD?  Yes  No When? \_\_\_\_\_ How long? \_\_\_\_\_  
 Have you ever had a cervical biopsy, operation, cauterization, or conization?  Yes  No  
 Have you ever had an abnormal Pap smear?  Yes  No Date of last Pap smear: \_\_\_\_\_  
 Other gynecological procedures: \_\_\_\_\_

Gynecological surgeries: \_\_\_\_\_

**FERTILITY TREATMENT HISTORY**

How long have you been trying to conceive? \_\_\_\_\_  
 Do you have a diagnosis related to infertility? \_\_\_\_\_  
 Has there been a sperm analysis?  Yes  No What were the results? \_\_\_\_\_  
 Is there or was there any indication of male factor infertility?  Yes  No What is it? \_\_\_\_\_  
 Have you ever conceived naturally in the past?  Yes  No How many times? \_\_\_\_\_  
 Have you had fertility treatments?  Yes  No  
 If yes, when and where? \_\_\_\_\_

What type(s)? \_\_\_\_\_  
 What were the results? \_\_\_\_\_  
 Have you taken medication to help you ovulate?  Yes  No When? \_\_\_\_\_ How long? \_\_\_\_\_  
 What were the results? \_\_\_\_\_  
 Have you had a fallopian tube evaluation?  Yes  No What were the results? \_\_\_\_\_

Have you had other functional tests?  Yes  No What were the results? \_\_\_\_\_

What hormonal laboratory tests were performed? \_\_\_\_\_  
 What were the results? \_\_\_\_\_  
 Have you had a mid-cycle vaginal ultrasound?  Yes  No What were the results? \_\_\_\_\_

Have you had a post-coital test?  Yes  No What were the results? \_\_\_\_\_

Diagnosed with hostile cervical mucus?  Yes  No

Please list all medications you are currently taking for infertility:

Medication	Reason	Duration	Medication	Reason	Duration
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

**LIFESTYLE**

Do you use vaginal lubricants?  Yes  No  
 Are you more than 20% over your ideal body weight?  Yes  No  
 Are you more than 20% below your ideal body weight?  Yes  No  
 Do you have excessive facial hair?  Yes  No  
 Have you experienced an excessive loss of hair?  Yes  No  
 Do you douche regularly?  Yes  No  
 Have you noticed discharge from your nipples?  Yes  No  
 Do you have a stressful occupation?  Yes  No  
 Do you have excessively oily skin?  Yes  No  
 Have you or your partner ever had X-rays?  Yes  No  
 Are you presently taking steroids?  Yes  No  
 How is your sexual energy?  Low  Medium  High  
 Was your mother exposed to diethylstilbestrol (DES) when she was pregnant with you?  Yes  No  
 Have you been exposed to any known environmental toxins or hormones?  Yes  No  
 Do you exercise regularly?  Yes  No  
 If so, what kind? \_\_\_\_\_

**IN THE SECTIONS BELOW, PLEASE CHECK ANY SYMPTOMS YOU HAVE OR HAVE HAD SINCE YOUR FIRST PERIOD**

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Shadow around or under eyes | <input type="checkbox"/> Frequent urination                             | <input type="checkbox"/> No fertile mucus    |
| <input type="checkbox"/> Low energy                  | <input type="checkbox"/> Incontinence                                   | <input type="checkbox"/> Irregular ovulation |
| <input type="checkbox"/> Difficulty with urination   | <input type="checkbox"/> Developmental disorders in reproductive organs | <input type="checkbox"/> Late puberty        |

OFFICE USE ONLY (DX: KIDNEY JING DEFICIENCY)  
 BBT: No pattern or not recorded  
 Follicular phase: \_\_\_\_\_  
 Luteal phase: \_\_\_\_\_  
 Pulse: weak and thready  
 Rt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Tongue: pale  
 Lt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Body: \_\_\_\_\_  
 Coat: \_\_\_\_\_

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Prematurely gray hair | <input type="checkbox"/> Ringing in ears                           | <input type="checkbox"/> Anxiety                               |
| <input type="checkbox"/> Hair loss             | <input type="checkbox"/> Dizziness                                 | <input type="checkbox"/> Insomnia                              |
| <input type="checkbox"/> Dry hair              | <input type="checkbox"/> Low back pain or soreness                 | <input type="checkbox"/> Heavy, bright red periods             |
| <input type="checkbox"/> Dry skin              | <input type="checkbox"/> Night sweats                              | <input type="checkbox"/> Menstrual bleeding is light or scanty |
| <input type="checkbox"/> Dry throat            | <input type="checkbox"/> Hot flashes                               | <input type="checkbox"/> Vaginal dryness                       |
| <input type="checkbox"/> Thirsty               | <input type="checkbox"/> Heat sensation in chest, palms, and soles | <input type="checkbox"/> Cervical mucus scanty or missing      |

OFFICE USE ONLY (DX: KIDNEY YIN DEFICIENCY)  
 BBT : \_\_\_\_\_  
 Follicular phase: unsteady, longer than 13 or 14 days or average temperature around 98° F, short follicular phase if Yin-deficient heat  
 Luteal phase: poor temperature rise  
 Pulse: weak/deep lvl., floating/superficial lvl., rapid/Yin-def. heat  
 Rt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Tongue: dry, small, red, little coat  
 Lt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Body: \_\_\_\_\_  
 Coat: \_\_\_\_\_

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Low back pain or soreness | <input type="checkbox"/> Often fearful                      | <input type="checkbox"/> Profuse vaginal discharge                          |
| <input type="checkbox"/> Leg pain /worsens in cold | <input type="checkbox"/> Wake up to urinate                 | <input type="checkbox"/> Period cramps alleviated with heat                 |
| <input type="checkbox"/> Knee pain/worsens in cold | <input type="checkbox"/> Frequent urination                 | <input type="checkbox"/> Premenstrual low back pain                         |
| <input type="checkbox"/> Edema                     | <input type="checkbox"/> Get cold easily                    | <input type="checkbox"/> Menstrual blood that is dull in color              |
| <input type="checkbox"/> Low libido                | <input type="checkbox"/> Cold feet (especially at night)    | <input type="checkbox"/> Clots during period                                |
| <input type="checkbox"/> Fatigue                   | <input type="checkbox"/> Early morning loose, urgent stools | <input type="checkbox"/> Diarrhea just before or at the beginning of period |

OFFICE USE ONLY (DX: KIDNEY YANG DEFICIENCY)  
 BBT: \_\_\_\_\_  
 Follicular phase: 96.8° F. or less  
 Luteal phase: not high or doesn't stay raised  
 Pulse: slow, deep  
 Rt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Tongue: pale and swollen  
 Lt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Body: \_\_\_\_\_  
 Coat: \_\_\_\_\_

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Foul-smelling vaginal discharge      | <input type="checkbox"/> Vaginal itching | <input type="checkbox"/> Rectal itching |
| <input type="checkbox"/> Yellow or greenish vaginal discharge |  |   |

OFFICE USE ONLY (DX: DAMP HEAT)  
 BBT : \_\_\_\_\_  
 Follicular phase: \_\_\_\_\_  
 Luteal phase: \_\_\_\_\_  
 Pulse: \_\_\_\_\_ Tongue: \_\_\_\_\_  
 Rt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Body: \_\_\_\_\_  
 Lt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Coat: \_\_\_\_\_

- Hysteria
- Anxiety
- Agitation

- Fidgety
- Insomnia
- Nightmares

- Heart palpitation
- Irregular ovulation
- No ovulation

OFFICE USE ONLY (DX: HEART QI STAGNATION)  
 BBT:  
 Follicular phase: unsteady graph  
 \_\_\_\_\_  
 Luteal phase: high if there is Heart fire  
 \_\_\_\_\_  
 Pulse: choppy or thready  
 Rt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Tongue: red tip  
 Lt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Coat: \_\_\_\_\_

- Easily depressed
- Uncontrollable anger
- Headaches
- Difficulty falling asleep
- Heartburn
- Bitter taste

- Nipple discharge
- Feel bloated around ovulation
- Irritable around ovulation
- Breasts sensitive at ovulation
- Premenstrual bloating
- Premenstrual breast/nipple soreness

- Premenstrual irritability
- Painful period
- Menstrual cramps
- Clots during period
- Menstrual blood is thick or dark
- Menstrual blood is purple

OFFICE USE ONLY (DX: LIVER QI STAGNATION)  
 BBT:  
 Follicular phase: instability  
 \_\_\_\_\_  
 Luteal phase:  
 \_\_\_\_\_  
 Pulse: wiry  
 Rt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Tongue: red (fire) or purple (blood stagnation)  
 Lt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Body: \_\_\_\_\_  
 Coat: \_\_\_\_\_

- Rapid pulse rate
- Dry mouth and throat
- Thirsty for cold drinks

- Wake up sweating/have hot flashes
- Feel warmer than those around you
- Vaginal irritation or rashes

- Break out with red acne before period
- Short menstrual cycle

OFFICE USE ONLY (DX: EXCESS HEAT)  
 BBT:  
 Follicular phase:  
 \_\_\_\_\_  
 Luteal phase:  
 \_\_\_\_\_  
 Pulse:  
 Rt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Tongue:  
 Lt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Body: \_\_\_\_\_  
 Coat: \_\_\_\_\_

- Dizzy
- Oppressed feeling in the chest
- Heart palpitation
- Feel tired and sluggish after a meal
- Tendency to gain weight
- Overweight

- Like rich, sweet food
- Foul-smelling stools
- Pituitary tumors
- Blocked fallopian tubes
- Ovarian cysts
- Polycystic Ovary Syndrome

- Endometrial congestion
- Prone to yeast infections
- Prone to vaginal itching
- Excessive vaginal discharge
- Thick period
- Period contains mucus

OFFICE USE ONLY (DX: PHLEGM – DAMP ACCUMULATION)  
 BBT:  
 Follicular phase: temperature is high in the beginning, little of the usual biphasic pattern  
 \_\_\_\_\_  
 Luteal phase:  
 \_\_\_\_\_  
 Pulse: slippery, choppy, tight  
 Rt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Tongue: white, thick, or greasy coat  
 Lt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Body: \_\_\_\_\_  
 Coat: \_\_\_\_\_

- Painful, unmovable breast lumps
- Lower abdominal tenderness/pain
- Lumps in lower abdomen
- Vascular abnormality
- Varicose or spider veins
- Numbness in hands and feet
- Blood clotting disorder
- Pituitary tumors
- Endometriosis
- Uterine fibroids or polyps
- Fallopian tube blockages
- Ovarian cysts and tumors
- Brown or black menstrual flow
- Clots during period
- Mid-cycle pain around ovaries
- Piercing /stabbing menstrual cramps

OFFICE USE ONLY (DX: BLOOD STASIS)  
 BBT:  
 Follicular phase: high initially  
 \_\_\_\_\_  
 Luteal phase:  
 \_\_\_\_\_  
 Pulse: choppy or tight  
 Rt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Tongue: purple or some purple areas  
 Lt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Body: \_\_\_\_\_  
 Coat: \_\_\_\_\_

- Chapped lips
- Dry, flaky skin
- Brittle fingernails or toenails
- Brittle or dry hair
- Hair loss
- Diminished nighttime vision
- Ringing in ears
- Period is light and/or late
- Dizziness or light-headedness around time of period

OFFICE USE ONLY (DX: BLOOD DEFICIENCY [not necessarily equated with anemia])  
 BBT:  
 Follicular phase:  
 \_\_\_\_\_  
 Luteal phase:  
 \_\_\_\_\_  
 Pulse:  
 Rt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Tongue:  
 Lt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Body: \_\_\_\_\_  
 Coat: \_\_\_\_\_

- Crave sweets
- Poor appetite
- Energy becomes lower after a meal
- Feel bloated after eating
- Hypothyroidism
- Anemia
- Prone to feeling heavy or sluggish
- Lack of strength in arms and legs
- Lack of strength in breathing
- Loose stools
- Abdominal pain
- Hemorrhoids or polyps
- Allergies
- Bruise easily
- Poor circulation
- Varicose veins
- Excessive worry
- Sweat easily
- Low blood pressure
- Feel dizzy or light-headed
- Uterine prolapse
- Tired around ovulation
- Spotting before period
- Tired around menstruation
- Menstrual cramps
- Thin or watery periods
- Profuse or pinkish periods

OFFICE USE ONLY (DX: SPLEEN QI DEFICIENCY)  
 BBT:  
 Follicular phase:  
 \_\_\_\_\_  
 Luteal phase:  
 \_\_\_\_\_  
 Pulse: weak or slippery  
 Rt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Tongue: swollen with teeth marks  
 Lt. Cun: \_\_\_\_\_ Guan: \_\_\_\_\_ Chi: \_\_\_\_\_ Body: \_\_\_\_\_  
 Coat: \_\_\_\_\_





## OFFICE POLICIES

### Consent to Medical Treatment

I voluntarily consent to receive Acupuncture and/or Chinese Herbal Medicine treatment administered by Batbayar Damdin, Dipl. Ac., L.Ac. I understand his training is in Acupuncture and Oriental Medicine and that he is not, nor claims to be, a medical doctor. I understand that the practice of Traditional Chinese medicine is not an exact science and diagnosis and treatment may involve risk of injury. I acknowledge that no guarantee has been made to me as to the results of any examination or treatment by Batbayar Damdin, Dipl.Ac., L.Ac.

Initials \_\_\_\_\_

### Financial Policy

The following is a statement of Tian Shi Acupuncture's Financial Policy. All patients must complete the Patient Intake and Office Policy forms before receiving treatment from Batbayar Damdin, Dipl. Ac., L.Ac. Full payment is due at the time of service for all office visits and procedures. No discounts for services or products will be allowed unless written and agreed upon by Batbayar Damdin. The terms of any applicable prepayment discounts, treatment packages, or third-party financing plans are available for review at our office. We accept cash, checks, and credit or debit cards. This office is not a participating provider with any insurance carrier. However, if your insurance carrier does cover your services, you may elect to forward your receipts of payment for reimbursement.

This office requests 24-hour notification of any change to or cancellation of an appointment. If no notice of appointment cancellation is provided, it is our policy to charge the missed visit at the normal office visit rate. If the appointment was purchased in a package, the missed appointment charge will be deducted from the remaining appointments in the package. This office recognizes that emergencies and extenuating circumstances arise and those will be considered on an individual basis.

Accounts are considered delinquent after 60 days. Interest will be charged accordingly to all past- due accounts. Any collection charges that are incurred on balances that are turned over to a collection agency or legal representative are the responsibility of the patient.

Initials \_\_\_\_\_

**I have read and understand each of the sections contained above. I understand that by signing this document, I am agreeing to and providing the authorization/consent contained in each of the above sections where my initials or those of my representative are located. I have had the opportunity to ask questions regarding each of these sections and all such questions have been answered to my satisfaction.**

\_\_\_\_\_  
Signature of Patient or Representative

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Relationship to Patient if Representative



**ACKNOWLEDGEMENT OF RECEIPT OF NOTICE  
AND CONSENT TO OBTAIN, USE, AND DISCLOSE HEALTH INFORMATION**

**Notice of Privacy Practices**

I understand that as part of my healthcare, this organization originates and maintains health records describing my health history, symptoms, examination and test results, diagnoses, treatment, and any plans for future care of treatment. **Prior to signing this acknowledgement and consent, I have had the opportunity to review the Notice of Privacy Practices in this organization’s office or at [www.tianshiacupuncture.com](http://www.tianshiacupuncture.com).**

**I understand that this information serves as:**

- A basis for planning my care and treatment.
- A means of communication among the many healthcare professionals who contribute to my care.
- A source of information for applying my diagnosis to my bill.
- A means by which a third-party payer can verify that services billed were actually provided.
- A tool for routine healthcare operations such as assessing care quality and reviewing the competence of healthcare professionals.

**I understand that I have the right:**

- To object to the use of my health information for directory purposes.
- To request restrictions as to how my health information may be used or disclosed to carry out treatment, payment, or healthcare operations and that the organization is not required to agree to the restrictions requested.
- To revoke this consent in writing, except to the extent that the organization has already taken action in reliance thereupon.

**Request for restrictions**

This organization will release information relating to my office appointments, directions for treatment or herbal supplements via telephone calls, answering machine messages, facsimile, or electronic mail. This organization may also communicate general information to you about the practice of acupuncture via newsletter using the name, address, and e-mail information you provided.

**Please specify below any request to restrict the use, dissemination, or method of communication of your medical information** as provided in the Notice of Privacy Practices, including notification to your primary care provider that you are receiving treatment at Tian Shi Acupuncture.

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**I hereby acknowledge that I have received and understand the Notice of Privacy Practices, consent to the use and disclosure of information as described therein, and release Batbayar Damdin, Dipl. Ac., L. Ac. and his employees from any legal responsibility or liability in connection with the disclosure of the information.**

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Signature of Patient or Representative

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Print Name

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Date