



# KESPRA MEDICAL CENTER

22 Meridian Rd, Suite 10 Edison, NJ 08820

## Consent for Human Chorionic Gonadatropin (hCG) Weight-Loss Program

I request and consent to injections of hCG and strict dietary restrictions for the purpose of losing weight. I fully understand this will be administered and monitored by the medical providers at Kespra Medical Center, LLC understand that as part of the program I will be given a limited physical and orientation to the program, will be instructed on how to administer the injections myself or make arrangements to have someone do so. I understand that initial blood tests may be performed to rule out any conditions that would disqualify me from the program or require any prior treatment before starting the program. I agree to immediately report any problems that might occur to the medical provider during the treatment program. I further understand that there could be risks involved as there are with all medications and that not complying with the dosage recommendations and dietary restrictions could increase risks and alter the results. Product information is available upon request. The usage guidelines noted in the product information are consistent with a 10 - 15,000 units dosage per week. The Simeon's protocol used by HCG Diet Center uses 900 units dosage per week. There are currently no studies available at this dosage outlining possible risks.

I understand that hCG is not FDA approved for weight loss. I also understand that there is medical evidence to support use of hCG for this purpose. The medical providers at Kespra Medical Center LLC provide and administer the treatment with hCG. I agree that I am, and will be under the care of another medical provider for all other conditions. HCG Diet Center works in conjunction with, but cannot replace, regular primary care physicians, such as general practitioners or other specialists in Family Medicine or Internal Medicine.

hCG has not been demonstrated to be effective adjunctive therapy in the treatment of obesity. There is no substantial evidence that it increases weight loss beyond that resulting from caloric restriction, that it causes a more attractive or "normal" distribution of fat, or that it decreases the hunger and discomfort associated with calorie-restricted diets.

I understand the medical providers at Kespra Medical Center LLC only prescribe hCG and medication necessary for this treatment with hCG only as part of the weight loss program. The providers at Kespra Medical Center LLC will not prescribe any other type of prescription or non-prescription medications of any kind. We are sometimes asked by patients to provide or renew other medications (such as painkillers or anti-depressants), which were originally ordered by other medical providers. We are not able to comply with such requests because it may lead to confusion and substandard medical care.

Because we are committed to enabling our patients to obtain and maintain health and wellness naturally, and the services provided by our office are based upon a natural and preventative approach, it is rare that this program is covered by insurance companies. Weight loss, in general, is rarely covered by insurance companies. For this reason, we do not accept or bill insurance for this program. Once labs are done, the physical is performed, and the treatment is started, we cannot honor any refund requests based on scheduling conflicts, missed doses, unsatisfactory results, etc.

If blood work is indicated, the test will be conducted by a licensed lab and the fee added to your initial visit fee.

I have read and understand all of the above and have been informed of potential side effects and risks that may be associated with the hCG protocol. I fully understand what I am signing and hereby request and consent to weight-loss treatment using injections of hCG. I have disclosed my full medical history and have been physically examined by my health care practitioner. I am aware the common risks, benefits, side effects and adverse reactions of hCG, and I have had full opportunity to ask any questions.



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To experience success on the clinic's hCG diet program, it is mandatory that you follow the diet protocol explicitly. Kesptra Medical Center, LLC does not warrant the results of its diet program due largely to off-site administration and patient imposed application of the diet program. I understand that results may vary and once I have begun the protocol I am committed to seeing it through.

I have been offered and have had the opportunity to review the HIPAA disclosure form: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Legal guardian or parental signature: \_\_\_\_\_ Date: \_\_\_\_\_



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## Risks and Discomforts – hCG Diet

Below is a list of risks and discomforts that may be experienced by a small part of the population, in particular, those patients that are already predisposed to allergies; the latter condition caused by a hyperstimulation of the hormone heparin within the body. The patient shall inform the primary health care provider if any of the following conditions occur:

### Allergic Responses

If you experience allergic reactions to other substrates, you may have a sensitivity to hCG. It is required that you stop using hCG and report your allergic response to your physician immediately (emphasis added). The following are signs of an allergic reaction:

- Hives
- Difficulty breathing
- Swelling of your face, lips, tongue, or throat

Before receiving hCG tell your doctor if you are allergic to any drugs or if you have:

- A thyroid or adrenal gland disorder;
- An ovarian cyst;
- Cancer or tumor of the breast, ovary, uterus, prostate, hypothalamus, or pituitary gland;
- Undiagnosed uterine bleeding;
- Heart disease; Kidney disease
- Epilepsy;
- Migraines; or asthma

It is necessary for the doctor to know these predisposed pathologies in order to rule out any symptomatology that may not be related to the hCG. Also in allergic responses, the body overproduces fibrin which induces blood clotting, a potential lethal situation. Call your doctor immediately if you have any signs of a blood clot:

- Pain, Warmth, Redness
- Numbness, tingling in your arm or leg
- Confusion
- Extreme dizziness
- Severe headache, nausea, or vomiting
- Urinating less than normal

### Less Serious Side Effects May Include

Less serious side effects may occur from the change in dietary patterns, until the blood sugar levels stabilize over a period of time with high protein intake. These less serious side effects include:

- Headache (diet related)
- Feeling restless or irritable;
- Mild swelling or water weight gain;
- Depression
- Breast tenderness or swelling;
- Pain, swelling, or irritation where the injection is given.

### Breast Feeding

It is not known whether hCG passes into breast milk. Do not use hCG without telling your doctor if you are breast feeding a baby.

### Other Drugs May Affect hCG

There may be other drugs that can interact with hCG. Tell your doctor about all the prescription and over-the-counter medications you presently use. This includes vitamins, minerals, herbal products, and drugs prescribed by other doctors. Do not start using a new medication without telling your doctor.