Digestive Discomfort

Patient: _____ Date: _____

STARTING TREATMENT PLAN

4–8 visits

weekly

A preliminary care estimate—not an average time to heal or a guarantee.

WHAT TO EXPECT

Possible goals: reduced bloating or discomfort. Underlying causes still need medical evaluation.

AFTER YOUR TREATMENT

Track symptoms and meals; hydrate and follow medical nutrition advice.

WE WILL TRACK

Bloating, stool patterns, pain and eating comfort.

AFTER 2–4 TREATMENTS

We will review your response and daily function, then refine your timeline, visit frequency and next steps.

WHEN TO SEEK MEDICAL HELP

Blood in stool, ongoing vomiting, severe abdominal pain or unexplained weight loss needs prompt medical care.

YOUR GOALS & FOLLOW-UP

Goal 1: _____

Goal 2: _____

Review at visit: Updated schedule: _____

Acupuncture supports care but does not replace medical diagnosis, essential treatment or emergency care. Results vary.