

## Homeopathy Information Leaflet

The following information is designed to answer any questions you may have regarding the consultation process and your treatment. Please do ask any other questions at anytime.

### Confidentiality

Confidentiality is assured. The Code of Ethics and Practice 2001 states 'Homeopaths maintain the customary practice of keeping confidential all that a patient says and all that is written in case notes'. If I feel the need to share any information for any reason I will first discuss this with you. Instances may include case sharing with another homeopath, to aid treatment or concerns relating to my obligations under law. 'The Code Of Ethics' which demonstrates the standards that are established and maintained for Professional Homeopaths, is available from The Society of Homeopaths, 11 Brookfield, Duncan Close, Moulton Park, Northampton, NN1 4HU.

### Initial Consultation

The Initial consultation, which lasts 60-90mins, is a crucial process and helps to determine your course of treatment i.e. which homeopathic medicines will help you most effectively. It is extremely helpful if you can give me as much information as possible about yourself, your symptoms and your medical history. Family medical history is also very useful if this is available to share with me e.g. conditions that run in the family.

### Case Analysis

Case analysis is the process of using the information that you have shared with me together with my knowledge and experience of Homeopathy to decide on a course of treatment that will be most effective. This may be carried out during the consultation but is often after you have left and can take several hours. I endeavour to have a prescription of homeopathic medicine dispensed to you as soon as possible, depending on the urgency and complexity of the problem. More complex and long-term ailments may take a few days longer.

### Follow up Appointments

These take place at 2-4 week intervals. The frequency is not fixed and will depend on your response to treatment. They last from 30-45mins and give me an opportunity to gain more information, assess your response to the homeopathic medicine and re-prescribe if necessary. This may be a repeat of the same homeopathic medicine, a different homeopathic medicine or no prescription if you are continuing to improve.

The number of appointments needed depends on several factors e.g.

- 1) Length of time you have suffered with the condition
- 2) Your general level of health

### 3) The progress you are making.

Long-term ailments can take several months to improve significantly, short term ailments may need only 1-2 follow up appointments.

You will have the opportunity to discuss and evaluate your progress at the end of each appointment.

### Care and Administration of Homeopathic Medicines

Homeopathic medicines are very robust but in order that they work most effectively I suggest the following methods of storage and administration.

- Store away from microwaves, mobile phones and electrical equipment including wired alarm clocks.
- Store in a cool dark place away from strong smells
- Homeopathic medicines are very safe even in large quantities but like all medicines need to be stored out of the reach of children.
- Homeopathic medicines may come in liquid form or as tablets (pillules). Avoid handling the pillules; use a spoon or the cap from the bottle.
- Place the pillule or liquid under the tongue and allow it to dissolve. Leave a gap of 15-20mins either side of taking the homeopathic medicine free from food, drink, cigarettes and toothpaste.
- Discard any spoiled pillules.
- The number of times you take the homeopathic medicine will be written down for you.

There are often times when you will only be given between 1-3 pillules to take. Homeopathic medicines continue to work over time and are best prescribed in small amounts in order to be effective in helping your body to heal itself. This is very different from orthodox medicine when repetition of a medicine is more usual.

### Responses to Homeopathic Medicines

Often the first thing that people notice is an increased sense of well-being. For some people symptoms may get worse for a short time before they improve; your body is responding to the action of the homeopathic medicine. If you are concerned about any worsening of symptoms please phone me. These changes can take time. You may show signs of a clearing out process e.g. cold symptoms, a rash or other discharge. Old symptoms can sometimes reappear briefly, which is also a positive sign.

It is important that you stay in contact with you mainstream healthcare professional.

### Consultation Fees

First Appointment	£80	60-90mins
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Follow-up Appointment    £50                    30-45mins

Homeopathic medicines are included in the consultation fee. I often prescribe Flower Essences, creams and occasionally Herbal Tinctures, which cost £6 per 30ml.

Phone calls between appointments to discuss remedy responses are included in the consultation fee. If the phone consultation needs longer than 10mins I will suggest an earlier follow-up appointment.

Phone calls to discuss short-term ailments, colds, flu etc. outside of treatment (longer than six weeks since your last appointment) are charged at £15 per 10mins, this includes the homeopathic prescription.

Contacting me: Tel: 07505 553 319

**You will often reach my answer machine; please do leave a message and the date and time of your call. I check this daily Monday – Friday.**

A colleague's telephone number will be on the answer machine if I am on holiday and you need some help. If there is no Homeopath available and you are concerned about a medical condition please consult your GP.

I also check my emails Monday to Friday if you do not get a reply within 48hours please do phone me (computers can be problematic or I may be away).

### Cancellations

Often appointments can be rearranged if necessary. I appreciate as much notice as possible if you need to cancel an appointment.

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