

# Vaginal Steam Intake Form

Prepared by the Peristeam Hydrotherapy Institute

\* Required

Name:

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.

1. *Check all that apply.*

	Yes	No	Not Sure
Are you on your menstruation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you currently have fresh spotting?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you ever have spontaneous bleeding?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you ever have two periods per month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an infection characterized with a burning itch?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If trying to conceive are you past ovulation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have tubal coagulation (burning of the fallopian tubes through laparoscopic surgery through the belly button)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a birth control arm implant (i.e. nexplanon)?	<input type="checkbox"/>	<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, an outbreak, a miscarriage or a birth control failure. Steaming should not be performed at this time. If a birth control contraindication, it is up to the client whether or not she would like to do the steam session with the possible pregnancy risk.

Office Use Only:

2. **Is client okay to steam? \***  
*Check all that apply.*

Yes  
 No

## 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.

3. *Check all that apply.*

	Yes	No	Not Sure
Is this your first time doing a vaginal steam session?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are your menstrual cycles currently or historically ever 27 days or shorter?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced any hot flashes over the past month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced any nightsweats over the past month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an IUD in?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently or historically prone to yeast infections?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently or historically prone to bacterial vaginosis?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have herpes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have the nuva ring in? (If so, it should be removed prior to steam session)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you age 13 or younger?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The above "yes" replies indicate sensitivity in which case a mild setup without a burner should be used. Under no circumstances should clients who have sensitivity use an advanced setup with a burner.

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4. **Does client have sensitivities?**

*Check all that apply.*

Yes

No

5. **Which Setup Is Best?**

*Check all that apply.*

Mild

Advanced

## 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.

**6. Indicators for Cleansing Herbs**

*Check all that apply.*

	Yes	No
Are your menstrual cycles 28 days or longer?	<input type="checkbox"/>	<input type="checkbox"/>
Is your menstrual cycle absent or missing for an unknown reason or because of birth control?	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently taking birth control pills?	<input type="checkbox"/>	<input type="checkbox"/>

**7. Indicators for Mild Herbs \***

*Check all that apply.*

	Yes	No
Do you ever have menstrual cycles 27 days or less?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have fresh spotting between periods?	<input type="checkbox"/>	<input type="checkbox"/>
Are you underage 13?	<input type="checkbox"/>	<input type="checkbox"/>

**8. Indicators for Disinfecting Herbs \***

*Check all that apply.*

	Yes	No
Are you prone to yeast infections?	<input type="checkbox"/>	<input type="checkbox"/>
Are you prone to bacteria infections?	<input type="checkbox"/>	<input type="checkbox"/>
Are you prone to viruses?	<input type="checkbox"/>	<input type="checkbox"/>

**9. Indicators for Cooling and Moisturizing Herbs \***

*Check all that apply.*

	Yes	No
Do you have vaginal dryness?	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced hot flashes or night sweats recently?	<input type="checkbox"/>	<input type="checkbox"/>
Is there currently a hot climate?	<input type="checkbox"/>	<input type="checkbox"/>

**10. Do you have any know herb or food allergies? \***

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If client has indicators for herbs in different categories always prioritize the mild herbs. If the mild is not indicated then proceed with the best choice for the situation. For any herbs that you select double check to make sure there aren't any items in there that might conflict with known allergies (for example, citrus peels or cornsilk should not be used if someone has orange or corn allergies).

Office Use Only

11. **Which category of herbs is most suitable for client? \***

*Check all that apply.*

- Cleansing herbs
- Mild herbs
- Disinfecting herbs
- Cooling and Moisturing herbs

## Cloaking

When steaming it is often commonplace to cloak. In certain customs a nice breathable fabric cloak is used. This cloak is safe in all situations. In other traditions a plastic cloak is used to increase sweating and circulation and to enhance the detoxification benefits of the steam session. In this instance plastic cloaking is not suitable if the client has excess heat in the body. Let's check for excess heat.

12. *Check all that apply.*

	Yes	No
Do you have hot flashes?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have nightsweats?	<input type="checkbox"/>	<input type="checkbox"/>
Do you radiate heat?	<input type="checkbox"/>	<input type="checkbox"/>
Are you prone to infections or viruses?	<input type="checkbox"/>	<input type="checkbox"/>
Is it hot weather?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an aversion to heat?	<input type="checkbox"/>	<input type="checkbox"/>

Yes answers indicate excess heat in which case plastic cloaks are contraindicated.

Office:

13. **Does client have signs of excess heat? \***

*Check all that apply.*

- Yes
- No

14. **Is client okay for a plastic cloak? \***

*Check all that apply.*

- Yes
- No

Office Only - Setup Summary:

Mild or Advanced

Cleansing    Mild    Disinfecting    Cooling

Plastic Cloak or No Plastic Cloak

## Waiver

Most of the side-effects reported while steaming are positive. Users have reported better sleep, decreased swelling in legs and feet, decreased abdominal bloating, slimmer waistline, increased libido, decrease in breast soreness, fewer headaches, fewer PMS symptoms, increased energy, lucid dreams, tingling feet, glowing skin, reduction in incidence of hormonal acne and increased lubrication.

However, some undesirable side effects might also occur. These include shortened menstrual cycles, onset of bleeding, headaches, the sensation to urinate or an infection outbreak. In 99% of all cases using a mild steam session and mild herbs will prevent the above from happening so it's very important that you give honest answers in this intake form so that the practitioner can set up a steam session that will fit your needs.

Note: It is best practice to check that your vaginal steam specialist has a Vaginal Steam Facilitator certificate in good standing. This certification ensures that your practitioner knows the proper safety standards regarding setting up a vaginal steam session tailored to fit your needs. Please check the Vaginal Steam Directory ([www.vaginalsteamdirectory.com](http://www.vaginalsteamdirectory.com)) to ensure that your practitioner has a valid certificate. The Peristeam Hydrotherapy Institute keeps an up-to-date list of all certified practitioners on the directory so if they are not on the map it's possible that the certificate is fabricated.

I \_\_\_\_\_ understand that vaginal steaming may have positive or negative side effects as a result of doing a vaginal steam session. I accept legal responsibility for my choice to do a vaginal steam session and waive the responsibility of the practitioner and the facility where the steam session takes place in the case that any of the named side effects (or others) may occur.

Signature

Date