



HIJAMA THERAPY

Reviving the forgotten Sunnah

Process and precaution to take before and after Hijama treatment:

1. Review prices and length of each session/treatment.
2. Complete [medical history form](#), disclose current medication and allergies. Including to best of their knowledge:
 - a. Diabetic, what type.
 - b. Bleeding Disorders.
 - c. Any surgeries past and Present.
 - d. Any body implants such as metals, pacemaker, defibrilators, etc.
 - e. Seizures disorders.
 - f. Hearth problems
 - g. Mental Health Issues
 - h. Menstruation and Pregnancies (female ONLY).
 - i. Tell us what is not on this list.
3. **Hijama is better when fasting overnight with empty stomach.**
4. If eating is required than refrain from eating 2 – 3 hours before the treatment.
5. Hijama will administer are Sunnah points 1 and 55.
6. All aspects of treatment:
 - a. Massage Cupping or Vacuum Cupping: Moderate amount of Olive Oil applied allowing cup to move freely with suction on body.
 - b. Dry Cupping: One or more cups are placed with suction.
 - c. Wet (blood) Cupping: Same as dry cupping however come with superficial cuts under the cup to extract toxic blood.
7. To rest after treatment due to some tiredness and weakness. Refrain from any extraneous activities or lifting anything heavy after treatment.
8. Eat healthy foods 24 hours before and after the treatment.
9. Take honey water and herbal drinks and teas.
10. Apply Black seed oil, olive oil or Honey where Hijama was done if need be.

Signature _____ **Date** ____ / ____ / ____