

Informed Consent

Welcome to _____! We are deeply invested in your well being. As such we always seek to provide the safest and most enjoyable experience possible to our participants.

Please read the following form carefully, as it describes any risks that may be associated with the programs that we offer. If there is any part of this form that you do not understand, please inform an _____ team member before initiating your program.

Ayahuasca is an herbal combination of the two herbs *Banisteriopsis caapi* and *Psychotria viridis*. It is generally considered to be a safe herbal combination to ingest under guidance by an experienced ayahuascero. There have historically been very few reported incidents of illness or toxicity related to ayahuasca ingestion. However, all psychoactive herbal medicines include some degree of risk.

Please review the following risks:

- Some constituents of *Banisteriopsis caapi* can act as monoamine oxidase inhibitors (MAOI's). MAOI's can have dangerous interactions with several medications, including but not limited to antidepressants, narcotics, MDMA (ecstasy), asthma medications, seizure medications, and many over the counter cold and congestion medications. In addition, the monoamine oxidase inhibiting properties of *Banisteriopsis caapi* may interact with certain supplements and herbs, including St John's Wort, l-tryptophan, and SAM-E.
- MAOI's inhibit the break down of tyramine. If allowed to build up, tyramine can cause a spike in blood pressure (known as a hypertensive crisis). Because of this it's recommended that you avoid high tyramine foods while ingesting ayahuasca. These include aged, fermented, or cured foods, such as aged cheeses, cured or smoked meats, sauerkraut, and pickles. Other high tyramine foods include dried or overripe fruit, alcoholic beverages, soy products, and yeast spreads such as Marmite or Vegemite. Signs of hypertensive crisis include severe headache, chest pain, shortness of breath, and seizures. If you experience any of these symptoms, please let one of our team members know immediately.
- While allergy to *Banisteriopsis caapi* and *Psychotria viridis* are rare, any plant substance could theoretically trigger an allergic response. If any symptoms of allergic reaction occur, such as tightness in the chest, shortness of breath, rash, flushes, or

diarrhea, you should immediately alert a member of the _____ team.

- Risk of an adverse reaction to *Banisteriopsis caapi* and *Psychotria viridis* is increased in individuals with heart or liver illness.
- It is common for an individual to experience nausea and vomiting during the initial stages of the ayahuasca ceremony. This is a positive aspect of your experience, as it prevents psychoactive constituents of *Banisteriopsis caapi* and *Psychotria viridis* from reaching toxic levels. In addition, vomiting during early stages of ayahuasca ingestion have traditionally been considered to be part of the ritual of purification and release.
- Ayahuasca contains a mixture of tryptamine and has psychoactive properties. It is common for participants to experience altered visual, tactile, and auditory sensations, euphoria, emotional release, sudden shifts in mood, return of past memories, and significant personal introspection. While often positive, these may at times become frightening or unpleasant. If you become overwhelmed by any of these experiences, please let your guide or one of our team know.

I understand that *Banisteriopsis caapi* and *Psychotria viridis* are MAO inhibitors, and as such they should not be consumed while taking antidepressants, narcotics, MDMA, asthma medications, seizure medications, cold and congestion medications, St John's Wort, l-tryptophan, and SAME.

I understand that while taking ayahuasca, I should avoid certain foods that are high in tyramine.

I understand that while allergic reactions to *Banisteriopsis caapi* and *Psychotria viridis* are rare, any plant can potentially trigger an allergic reaction. If I experience any symptoms relating to allergic reaction, such as tightness in the chest, shortness of breath, rash, flushes, or diarrhea, I will immediately alert a member of the _____ team.

I understand that I am likely to experience nausea and vomiting after ingesting ayahuasca, and that this is a normal part of the experience and actually prevents toxicity. I understand that I may experience alterations in my senses, emotional release, or potentially difficult personal introspection.

I understand that any hiking or trekking into natural areas carries with it risk of injury and

fatigue. I understand that, while toxicity or injury from the ingestion of ayahuasca is rare, my risk increases if I have heart or liver disease.

I agree to disclose any current or prior medical conditions on my Medical Consent Form.

I understand the above and agree to indemnify and hold harmless _____ and its assistants in the event that an adverse event occurs while taking part in any aspect of their program. I understand that if I have not understood any aspect of this form, it is my responsibility to request further information from an _____ member.

Print name: _____

Signature _____ Date _____