

# Acupuncture for IVF & ART

(Assisted Reproductive Technologies)

*Specialist Registered Chinese Medicine (TCM) practitioners can instil confidence in IVF patients by using protocols that are appropriately integrated into their IVF program.*

Acupuncture can support the various Assisted Reproductive Technologies (ART) including, IVF, IUI, ICIS, Induced Ovulation and Sperm motility and volume.

Clinical trials have shown that Acupuncture contributes not only to how a patient feels during their IVF cycle but may also contribute to their chance of success.

Acupuncture and IVF come from very different origins and work in very different ways, and at first may seem to be unlikely partners. However there are sound reasons to consider an integrated approach which may offer patients a greater chance of success.

Acupuncture can support couples using IVF in many ways.

1. Acupuncture improves Clinical Pregnancy Rate and Live Birth Rates among women undergoing IVF (Zheng, CH et al 2012, *Effects of acupuncture on pregnancy rates in women undergoing in vitro fertilization: a systematic review and meta-analysis*, Vol 97, Issue3, Pg 599-611)
2. Acupuncture has been shown to reduce anxiety symptoms observed by the reduction of psychological parameters of women undergoing IVF (Isoyama, D et al 2012, *Effect of acupuncture on symptoms of anxiety in women undergoing in vitro fertilisation: a prospective randomised controlled study*, *Acupuncture In Medicine*, 30, Pg 85-88)
3. Acupuncture has been shown to improve sperm morphology and motility (Pei J et al *Fertil Steril*. 2005 Jul;84(1):141-7follo)

Clinical evidence suggests that:

- Acupuncture is effective in reducing IVF side effects
- Acupuncture during the first few weeks of pregnancy is helpful for women who have had a history of infertility and/or miscarriage.

Nicola has devised a 6 step protocol to take you from the beginning of your journey to the day Baby arrives.

## 1 Pre-Conception

Acupuncture, Chinese herbal medicines, Vitamins and supplements, and dietary advice are used to nourish and prime the body for conception and ultimately pregnancy. A happy healthy egg and happy healthy sperm make a happy healthy mother and baby.



## 2 Egg Pick-Up

Before EPU the focus is to optimize egg quality and quantity and to commence the preparation of the endometrium for successful embryo implantation. After EPU some women experience pain and mild trauma of the ovaries and increased stress levels so the treatment aim is to minimize these symptoms and facilitate a quick recovery.

## 3 Pre-Transfer

These treatments are to optimize the endometrium for embryo transfer and implantation, and to reduce stress and cortisol levels. Ideally these treatments commence 2 days prior to transfer and the final treatment 1 hour prior to transfer.

## 4 Post-Transfer

This treatment commences 1 hour after transfer and then ideally, 2 per week to help cement implantation and prevent miscarriage until pregnancy is confirmed.

## 5 Pregnancy

Once pregnant we then focus our attention on keeping the embryo intact and attached to the uterus. Acupuncture during pregnancy is also extremely useful for treating; Nausea/Vomiting (morning sickness, heartburn, miscarriage, fatigue & exhaustion, anxiety, depression, hypertension, pre-birth preparation to soften cervix, inductions, oedema/fluid retention, constipation, haemorrhoids, nasal congestions, sinusitis, back pain, sciatica, breech and posterior positioned babies, labour pain.

## 6 Postpartum Treatment

In addition to returning the body to a state of balance and optimal reproductive health, some of the postpartum conditions that acupuncture can treat are; postpartum depression and baby blues, decreased energy and vitality, hormonal imbalances, persistent bleeding, lactation problems, mastitis, abdominal pain and night sweats.

***Acupuncture is covered by all major health funds***

*Appointments are available at Holland Park and West End,  
Monday to Saturday*

*Or for more information go to [www.acupunctureemporium.com](http://www.acupunctureemporium.com)*

*Acupuncture Emporium*

*734 Cavendish Road, Holland Park, QLD 4121*

*Acupuncture & Natural Therapies Centre*

*26 Thomas Street, West End, QLD 4101*

**Phone: (07) 3844 2217**

**Fax: (07) 3844 0550**

**Email: [westhealth@bigpond.com.au](mailto:westhealth@bigpond.com.au)**