

ACUPUNCTURE FOR ASSISTED REPRODUCTION SUPPORT

WHY GET ACUPUNCTURE?

Results of a study published in 2019 showed that acupuncture may improve pregnancy rates, embryo transfer rates, increase trilaminar endometrium and thicken endometrium. (Zhong et al., 2019)

Acupuncture stimulates the release of certain neurotransmitters, which then communicate with centres in our brain to regulate functions like digestion, immune responses, hormones, heart rate variability, and pain modulation. Acupuncture also regulates the HPA axis (hypothalamic, pituitary, adrenal axis) and balances the sympathetic/parasympathetic nervous systems.

WHEN IS THE BEST TIME TO START ACUPUNCTURE FOR IVF/IUI ?

Ideally, it is recommended to commence acupuncture treatment 3 months before assisted beginning assisted reproduction. This is to help make sure you are physically and mentally in the best place possible before you begin. However, you can start your acupuncture treatments whenever you are able to do so.

OVARIAN STIMULATION PHASE

It is recommended to begin acupuncture 1-3 days from commencing the ovarian stimulation drugs to assist with follicle recruitment. In this phase, it is ideal to treat twice weekly until trigger shot to assist with follicle recruitment, however once a week will still be beneficial.

TREATMENT ON TRANSFER DAY

PRE OR POST EMBRYO TRANSFER TREATMENT

Current research on acupuncture during IVF/IUI focuses on acupuncture treatment on the day of transfer/insemination. A treatment either before or after transfer is recommended.

The timing of embryo transfer will determine if your acupuncture session is done before or after.

1 WEEK AFTER TRANSFER

Approximately 1 week after your transfer, it is recommended to receive an acupuncture treatment. This is done to assist with implantation and to reduce stress and anxiety.

Further reading & bookings

