

Acupuncture Treatment Timing during Medical Fertility Procedures

See Research Studies Supporting Acupuncture Benefits at www.acustl.com/fertility

Timing & Frequency of Acupuncture Visits	In-Vitro Fertilization/IVF		Inter-Uterine Insemination (IUI)	Purpose of Visits
	Retrievals & Fresh Transfers	Frozen Embryo Transfers		
2 weeks leading up to baseline ultrasound.	Acupuncture once per week	Acupuncture once per week	Acupuncture once per week	Balance hormones & treat side effects of fertility medicines
During final period before baseline ultrasound. <i>Often, period is brief & light due to effects of birth control pill</i>	Acupuncture not required, but helpful for symptoms of pain or bloating	Acupuncture not required, but helpful for symptoms of pain or bloating	Acupuncture not required, but helpful for symptoms of pain or bloating	Relieve discomfort, help the body shed any old remaining lining
Days between period and procedure (usually around 10-14 days) VERY IMPORTANT TIME FOR ACUPUNCTURE	Acupuncture 2x-3x, <i>three visits are best if thin lining or low progesterone</i>	Acupuncture 2x-3x, <i>three visits are best if thin lining or low progesterone</i>	Acupuncture 2x-3x, <i>three visits are best if thin lining or low progesterone</i>	Increase blood flow to uterus & ovaries, balance hormones and increase progesterone.
Day of procedure	<i>Retrieval:</i> No Acupuncture needed. <i>Transfer:</i> Acupuncture helpful for implantation.	Acupuncture helpful. <i>We are at MCRM to treat immediately after procedure.</i>	Acupuncture is helpful immediately after IUI, and up to 4 hours after procedure	Acupuncture has been shown to help with embryo implantation in several studies
10-14 days following procedure and prior to testing for pregnancy	Retrieval: 1-2 visits per week for bloating, hyperstimulation. Transfers: 1x per week	Acupuncture once per week	Acupuncture once per week	Balance hormones, boost progesterone, calm nerves about waiting for results (!)
If pregnant, first trimester schedule of treatment. <i>If not pregnant, begin four weeks before next procedure</i>	Acupuncture once per week	Acupuncture once per week	Acupuncture once per week	Help with nausea, bloating, swelling. Raise energy during extreme fatigue (usually weeks 8-12)

Sessions are \$25 - \$40, you choose what to pay. Our clinic is one of the largest in the region, treating 170 clients/week



All of our Acupuncturists Treat Fertility and Women's Health



John Bryan Olivia Jim Toby