

# Acupuncture Fertility Protocol

Acupuncture has been used for centuries to treat some causes of infertility. Acupuncture has been shown to improve ovarian and follicular function. Additionally, it has shown that acupuncture can increase blood flow to the endometrium, helping to facilitate a thick, rich lining and promote embryo implantation.

## When should acupuncture treatment begin?

Acupuncture is similar to physical therapy in that it is a process oriented method of medical intervention. It is better to do more than less. Patients are commonly treated for two or three months before an insemination, in vitro fertilization (IVF), or donor-egg transfer.

Women are encouraged to receive acupuncture treatments pre and post embryo transfer. Clinical observations from the Berkley Center for Reproductive Wellness suggest that the most effective fertility treatments involve a combination of acupuncture and traditional medical interventions. In some instances conception does occur when acupuncture and herbal medicines are used without traditional medical interventions.

Typically most miscarriages occur within the first three months of pregnancy. Therefore, treatment of patients may often last through week twelve to help prevent miscarriage.

## Fertility Protocol

- 1-2 treatments between cycle days 3-6 or during stimulation medications.
- 1 treatment within 36 hours of ovulation, embryo transfer or insemination.
- 1 treatment 3-6 days after ovulation, embryo transfer or insemination.

As mentioned above, many patients begin acupuncture treatment 2-3 months prior to assisted reproductive treatments and continue receiving acupuncture through week 12 of pregnancy.

**Please contact the office at least 2 weeks in advance to ensure appointment availability.**