

YOUR GUIDE TO ACUPUNCTURE AROUND AN IVF CYCLE

Everything You Need to Know to Support Your Body, Mind & Embryo Transfer

If you're going through IVF, you're likely navigating a mix of emotions, hope, anxiety, pressure, and a desire to do everything you can to make it work. Acupuncture is one of the most well-researched and effective complementary therapies to support IVF treatment but knowing when and how often to book your sessions can be confusing.

This guide outlines the key stages of IVF where acupuncture can make the most difference based on evidence and our clinical experience.



WHY USE ACUPUNCTURE DURING IVF?

Acupuncture supports your IVF cycle by:

- Increasing blood flow to the uterus and ovaries
- Regulating hormones involved in follicle development and ovulation
- Supporting the nervous system to reduce stress and improve resilience
- Enhancing implantation rates and early pregnancy outcomes

A study in *Fertility & Sterility* (2002) found that acupuncture performed before and after embryo transfer **increased pregnancy rates by up to 42.5%** compared to control groups.

KEY TIMES TO HAVE ACUPUNCTURE DURING IVF

1. Before Stims (Priming Phase – 4 to 6 Weeks Before)
Helps regulate cycles, support follicle development, and improve endometrial lining.

2. During Ovarian Stimulation (2–3 Sessions)
Reduces side effects, supports follicle development, and optimises response to medications.

3. After Egg Collection
Calms the nervous system and helps the body recover from surgery, moves fluids in the lower tummy that build up after egg collection.

4. After Embryo Transfer (within 24 hours)
Improves uterine receptivity and reduces uterine contractions post-transfer.

5. Two-Week Wait Support
A calming treatment during the wait, focused on hormonal balance and emotional wellbeing.

WHAT TO EXPECT AT OUR CLINIC

You'll be treated with care, calm and expertise. Our fertility acupuncturists are trained to work alongside your IVF clinic, and we'll tailor your plan based on your individual protocol.

Ready to Start? Acupuncture is most effective when started early in your IVF journey, don't wait until transfer day.

If you are interested in working with us to support your IVF cycle with acupuncture then you can book a FREE 15 minute call here.

