

Acupuncture at the Hewitt Centre

Acupuncture at the Hewitt Centre is available to anyone attending the unit for fertility treatment. It is designed to boost fertility and improve your chances of a successful conception and healthy pregnancy. It can help prepare the body for conception by balancing the menstrual cycle, optimising overall health and enhancing emotional wellbeing.

Acupuncture and IVF/ICSI Treatment

Specialist fertility acupuncture during IVF, IUI or ICSI aims to enhance responsiveness to fertility medication by increasing blood flow to the ovaries and uterus, minimising drug side effects and helping you stay relaxed and positive during treatment. Research evidence shows that acupuncture improves pregnancy rates when given at the time of egg transfer. This treatment protocol is offered as part of **the IVF support programme** or on its own.

Improving sperm production and motility

For men acupuncture may offer a simple, non invasive method of improving fertility. There is research evidence that acupuncture can improve sperm quality and motility and increase abnormally low or absent sperm count. Acupuncture can also be given prior to sperm collection to increase sperm motility and reduce anxiety.

Helping you stay relaxed

It is known that stress has an adverse effect on the fertility hormones in both men and women. Acupuncture reduces stress and anxiety and helps to promote a calm, positive frame of mind to bring a more successful outcome for conception. If possible we recommend that you start acupuncture 3 months before trying for a baby. However if this is not possible treatment can still have a significant effect.

Pregnancy Support

We offer ongoing support through the first three months of pregnancy. This safe and gentle programme aims to promote a healthy pregnancy and ease morning sickness.

Acupuncture sessions can be booked individually or as the following packages:

IVF/ICSI Support Programme

(6 sessions including initial consultation)

Fertility acupuncture designed to provide support at crucial times during IVF and other assisted conception techniques. The programme can be modified to suit different fertility protocol timescales.

Acupuncture At Embryo Transfer

(2 sessions)

Research evidence suggests that acupuncture can improve pregnancy rates when given at the time of embryo transfer.

Pre IVF/ICSI Sperm Collection

(1 session)

Where there is no male factor infertility we recommend a session of acupuncture the day prior to sperm collection to increase sperm motility, improve blood flow to the genitals and reduce anxiety.

Female Fertility Programme

(12 sessions, including initial consultation)

Acupuncture over 3 months to boost fertility and optimise chances of conceiving. Includes nutritional and lifestyle advice to optimise health – suitable prior to assisted conception to improve reproductive health and optimise chances of conceiving naturally, or between IVF cycles.

Male Fertility Programme

(10 sessions, including initial consultation)

For men who have had a suboptimal sperm test. Treatment is tailored depending whether sperm count, motility or morphology is affected. As it takes around 70 days to produce mature sperm it is recommended that this programme is started 3 months prior to a planned conception or IVF programme.



Norma Rodgers MA DipAc MBAC

Norma graduated from the Northern College of Acupuncture (NCA) where she studied traditional Chinese medicine (TCM) acupuncture and western biosciences. She has researched the use of acupuncture in the clinical treatment of amenorrhea due to polycystic ovarian syndrome.

She has since undertaken postgraduate fertility acupuncture training with TCM fertility experts and in integrating acupuncture and fertility medicine with eminent Gynaecologist, Michael Dooley. She runs a busy acupuncture practice on Rodney Street and specialises in fertility acupuncture.

Norma is a member of the British Acupuncture Council which regulates the profession and ensures the highest standards in both practice and ethics.

Acupuncture Charges

First Appointment (up to 1 ¼ hrs)	£60
Follow up appointments (45 mins)	£45
Pre Embryo transfer	£60
Post Embryo transfer if available	£45
IVF/ICSI Support (6 sessions)	£270
Male Fertility Programme (10 sessions)	£440
Female Fertility Programme (12 sessions)	£525

Payment is due at the time of booking an appointment or programme of treatments. Payments may be made by debit or credit card (there is a 2% fee for payment by credit card).

If you have private health insurance it may cover acupuncture treatment. Please check with your insurance provider.

How do I make an appointment?

Please call on 0151 702 4461/4287 to book an appointment or programme of treatments.

You may wish to use the space below to make a note of any questions you would like to ask when you attend your appointment

What happens when I come for treatment?

At your first consultation you will be asked some questions about your general health, medical history and lifestyle and you will have a short acupuncture session. The first consultation will last approximately one hour, subsequent treatments 40 minutes.

What does it feel like?

Acupuncture needles are very fine and consequently insertion is generally painless and experienced as a slight tingling or aching sensation. The needles are left in place for 20 minutes whilst you relax.

Is it safe?

Acupuncture has a very sound track record and adverse effects are very rare. Acupuncture needles are sterile, single use.

How should I prepare for treatment?

It is best to wear loose comfortable clothing that allows easy access to lower legs and arms and tummy. Please ensure you have eaten before coming for acupuncture to avoid being treated on an empty stomach. You may feel slightly tired after treatment and it is best not to do anything too strenuous for the next couple of hours. We also suggest that you avoid alcohol on the day of treatment.



Acupuncture

Practitioner: Norma Rodgers MA Dip Ac MBAC

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Liverpool Women's Hospital

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