

## OUR TREATMENT PROGRAMME

- **First consultation & treatment** £50
- **Follow on sessions** £40

### PACKAGES

#### Preparing for IVF programme

Optimise your fertility and general health with weekly acupuncture. This includes the option to have pre and post transfer sessions as part of the package at no extra cost.

- **10 sessions over 2-3 months** £400

#### Acupuncture during IVF

Sessions are scheduled at important stages of the IVF cycle, including before and after embryo transfer.

- **5 sessions** £210

#### Acupuncture at embryo transfer (IVF, ICSI or FET)

Two sessions of acupuncture are given on the day of embryo transfer just before and after the procedure to assist implantation and increase relaxation and wellbeing.

- **1-2 sessions on day of transfer** £50 each session

#### Male fertility

A programme of acupuncture which uses special protocols used in clinical studies to improve sperm quality and motility and reduce stress.

- **10 sessions over 5 weeks** £390

To book an appointment or discuss treatment please call:  
**Norma Rodgers 07739693906**

## WHO WE ARE

This service is run by Norma Rodgers on behalf of the Hewitt Fertility Centre. Norma is a member of the British Acupuncture Council and the Acupuncture Fertility Network. Having specialised in acupuncture for fertility and women's health she understands how assisted conception, such as IVF treatment, can be a stressful experience, emotionally as well as physically.

All acupuncturists working at the Hewitt Centre have a degree in acupuncture and have completed postgraduate training in acupuncture for IVF support.



THE ACUPUNCTURE  
FERTILITY NETWORK



British  
Acupuncture  
Council Member

#### Norma Rodgers

MBAcC, PgDip (Acu)

[www.liverpoolacupuncture.co.uk](http://www.liverpoolacupuncture.co.uk)

### FIND OUT MORE

To find out more or book an appointment call  
**Norma Rodgers 07739693906**

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The Hewitt Fertility Centre 

# ACUPUNCTURE

Supporting you & your  
**IVF** programme



The Hewitt Fertility Centre  
Liverpool

Preparing the body and mind is a crucial part of the journey towards successful fertility treatment and pregnancy. As well as helping you feel relaxed, there is growing evidence that integrating acupuncture into your IVF cycle may offer you a greater chance of success.

We provide acupuncture support to couples having fertility treatment at the Hewitt Centre. Our highly professional acupuncturists work closely with the clinical team at the Hewitt Fertility Centre, using specialist acupuncture protocols that have been shown in clinical trials to improve IVF outcomes.

Appointments are available daily in the Hewitt Centre at times to fit in with your hospital appointments.

*“ I just wanted to say thanks. Not just for the amazing acupuncture sessions I had but for the support you gave me throughout. .. I believe you have helped us to achieve our dream. ”*

### Preparing for IVF treatment

In order to obtain the greatest benefit from acupuncture we recommend starting treatment 3-4 months before your IVF cycle is due to begin. Acupuncture over this period of time seeks to improve the environment in which the eggs mature by balancing natural hormones, regulating the menstrual cycle and reducing stress levels. If you have been diagnosed with high FSH levels, thin endometrial lining or poor response in a previous cycle, this allows time to address these issues.

### Acupuncture support during IVF

In the down-regulation phase of IVF the aim of treatment is to alleviate any side effects of medication such as hot flushes, headaches and mood swings, and assist thinning of the uterine lining. During the up-regulation phase the focus is on stimulating blood supply to the uterus to aid follicle growth and thickening of the endometrial lining and helping you stay relaxed. Treatment frequency depends on the type of assisted conception protocol and your response.

### Acupuncture at embryo transfer

Clinical studies have shown that acupuncture at the time of transfer can significantly increase the chance of implantation and full-term pregnancy as well as easing any stress and anxiety you may feel during the transfer itself. Acupuncture is given before and after embryo transfer on site in the Hewitt Fertility Centre and can be booked at short notice Monday –Saturday.

### Post transfer

Acupuncture can be given in the week after IVF to relieve the stress of waiting and maintain a healthy pelvic blood flow. Following a positive pregnancy test we recommend continuing acupuncture for the first few weeks of pregnancy.

### Male Fertility

There is research to suggest that acupuncture can improve sperm quality and motility.

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### What is it like?

The procedure is very gentle and most people find it deeply relaxing. Because acupuncture needles are so fine – about the thickness of 2 strands of hair – you may not be aware of them being inserted, though you may briefly experience a slight aching or heaviness around the needle site. The needles are left in place for 20 minutes while you relax.

### 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 and to ensure you have eaten something before coming. You may feel slightly tired after treatment so it is best not to do anything too strenuous for a couple of hours afterwards. The first session lasts 1 hour, subsequent sessions 45 minutes.

### Is it safe?

Acupuncture is a safe therapy when given by qualified acupuncturists. Only sterile, single use needles are used. Adverse effects are rare.

### Pre and post treatments

Whilst we make every effort to do this treatment as close as possible to transfer, we cannot guarantee that it will always be possible to schedule an appointment on the day transfer takes place. In these cases we will offer alternative appointments on the day before and after transfer.

### Accepted payment methods

Payment should be made before your appointment. In addition to cash or cheque we accept payment by debit or credit card (please be aware that there is a 2% fee for credit card payments). If you have private health insurance it may cover your treatment. Please check with your health insurance provider.