

# FERTILITY ACUPUNCTURE 101:

## EVERYTHING YOU NEED TO KNOW

Are you booked for your first fertility acupuncture treatment, or thinking about booking fertility acupuncture with Conceive Health? You probably have a lot of questions, or might be unsure about what to expect (especially during COVID-19 times). Well, you've come to the right place!

### Benefits of Fertility Acupuncture

- Regulates your cycle
- Balances hormones (FSH, prolactin, cortisol)
- Promotes ovulation

- Benefits underlying conditions (PCOS, endometriosis, PMS)
- Improves stress response
- Improves the ovarian environment
- Thickens uterine lining
- May reduce chance of ectopic pregnancies
- Supports implantation

- Improves response to fertility medication
- Immune balance
- Helps the male factor (motility, testosterone)
- May reduce chance of miscarriage
- Assists with the two-week wait

### Arriving at Your Appointment

-  Find your name on one of our 3 acupuncture room doors
-  Scan the Q-R code on the door and use the Jane App. to self check-in
-  Enter the room and close the door
-  Get changed and use the provided sheet to drape over your lower body
-  Your ND will knock before entering to make sure you're ready

### During Your Acupuncture Session

Your session includes more than acupuncture. Here are some of the other treatments you can expect to receive during your appointment:

#### GUIDED MEDITATIONS

Fertility specific guided meditations matched to your individual cycle and fertility care

#### INFRARED HEATED LAMPS

Over the uterus or feet to help increase oxygen and blood flow

#### ELECTRO-STIM MACHINES

Gentle vibrations to increase stimulation of our acupuncture points

### What Does it Feel Like?

Typically, acupuncture does not hurt. Normal sensations you may feel: heavy, achy, tender, sore, itchy, warm, throbbing at the needle insertion point. But they usually don't last.

### After Your Appointment



No need to pay at the front desk, billing is done automatically.



We will email you a copy of your receipt.



With any needle, there may be risk of some small pinpoint bleeding, redness and bruising at the site of the insertion.

### How Often Should You Come In?



- Once a week for natural cycle acupuncture
- Twice a week for IUI, IVF or medicated and/or monitored cycles
- Once a week for early pregnancy support weeks 4-12
- Egg retrieval day for IVF
- Pre and post-IVF transfer day
- Pre IUI day
- Implantation day (4-8 days IUI/Timed, 2-5 days IVF)

### Is it Covered?

Acupuncture at Conceive Health is covered under most extended insurance plans under Naturopathic Services. We also have select practitioners who can be billed under Acupuncture.



### How to Book Online at [conceive.janeapp.com](https://conceive.janeapp.com)

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