



Fee schedule

Acupuncture treatment \$90
Acupuncture (embryo transfer) treatments
\$150 (2 sessions)

Concession

Acupuncture treatment \$65
Acupuncture (embryo transfer) treatments
\$95 (2 sessions)

*Acupuncture is covered by all major
private health funds*

The Acupuncture IVF Support clinics offer the kind of flexibility and availability of appointment times that IVF patients often need.

Sydney Eastern Suburbs

Level 1, 223 Maroubra Road
Maroubra NSW 2035

Opening hours 7.30am – 4pm Mon Wed Fri & Sat

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Sydney City

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Please visit our web site for an answer to every conceivable question www.acupunctureIVF.com.au



the acupuncture
IVF support clinic

an acupuncture clinic dedicated
to the needs of IVF patients

Deciding to pursue IVF is not a step anyone takes lightly. It is a demanding process and often follows years of hope, frustration and grief.

There are things you can do which support you during your infertility treatment.

Acupuncture has been shown in clinical trials to contribute not only to how you feel during your IVF cycle but may also contribute to your chance of success.

Acupuncture and IVF come from very different origins and work in very different ways, and at first may seem to be unlikely partners.

However there are sound reasons to consider an integrated approach which may offer you a greater chance of success.



Benefits

There are many ways acupuncture can support couples using IVF.

- There have been some clinical trials undertaken over the past few years that suggest acupuncture on the day of embryo transfer improves implantation rates.¹
- Acupuncture before and during the medication phase of IVF prepares the uterine lining and has been shown to improve hormone levels and may also increase pregnancy rates.²
- Acupuncture has been shown to reduce anxiety levels associated with infertility and IVF.³
- Acupuncture has been shown to improve sperm morphology and motility.⁴

Anecdotal clinical evidence, as yet unproven in clinical trials suggests that :

- Acupuncture is effective in reducing IVF side effects
- Acupuncture during the first few weeks of pregnancy is helpful for women who have had a history of infertility and/or miscarriage

¹ Cheong Y et al, Cochrane Database of Systematic Reviews 4, Nov 08

² Magerelli P et al Fertil Steril 2009 in press

³ Domar A Fertil Steril March 1 2008. Epub.

⁴ Pei J et al Fertil Steril. 2005 Jul;84(1):141-7

For more references or more detail please see www.acupunctureIVF.com.au

With the use of appropriate protocols by specialist and caring Traditional Chinese Medicine (TCM) practitioners, IVF patients can feel confident that they are receiving the very best of care that is appropriately integrated into their IVF programme.

The Acupuncture IVF Support clinic will be continuing research in this area in partnership with renowned fertility specialists .



Our staff

At the Acupuncture IVF Support clinic you will receive acupuncture treatment from university trained TCM practitioners who have undertaken specialist training in the sorts of protocols that increase IVF success rates and regulate stress hormone levels.

The Clinical Director, **Jane Lyttleton** BSc (Hons) NZ, MPhil Lond, Dip TCM Aus, Cert Ac, Cert Herbal Medicine, China, is a renowned expert in the treatment of infertility with Chinese medicine and has trained many of the western world's specialists in this area.

Jane's best selling book, "Treatment of Infertility with Chinese Medicine", published in 2004 by Elsevier Science, is the standard text used internationally in this field.