



IVF Cycle - Treatment Plan

Ideally, **three months prior to undergoing IVF**, we recommend treatment 1x per week to:

- Increase blood flow to the uterus and ovaries
- Boost reproductive energy
- Regulate menstruation and hormones
- Improve sleep, digestion, energy, and relieve stress/anxiety
- Use herbal medicine to improve egg quality (if needed)
- Recommend dietary or lifestyle changes (if needed)
- Recommend fertility supplements (if needed)

During your **menstrual period (cycle day 1-4)**, we recommend 1 treatment to:

- Promote blood flow and shedding of the old uterine lining.
- We want to clear the old lining so a fresh new lining with healthy blood flow will develop and support implantation that might occur later in the cycle.

Prior to retrieval, during the stimulation phase, we recommend treatment 2x per week to:

- Increase blood flow to the ovaries to encourage follicle growth and development
- Promote final maturation of follicles
- Relieve side effects of IVF stimulation meds (bloating, fatigue, headaches)
- Relieve stress/anxiety and provide emotional support

After retrieval, we recommend treatment 1x per week to:

- Help the reproductive organs recover from the retrieval process
- Encourage blood flow to the uterus and ovaries to clear swelling in the ovaries and heal injured tissue
- Encourage the next period to arrive on time
- Support liver function to clear stimulation meds from system
- Help with managing stress



Prior to embryo transfer, we recommend treatment 2x per week to:

- Build a healthy uterine lining that is conducive to implantation
- Relieve stress/anxiety

Day of embryo transfer, we offer a pre/post transfer treatment to:

- Encourage implantation of the embryo
- We recommend patients only do this if it does not add stress to their day, some IVF clinics allow us to provide acupuncture on-site

Post transfer to period/pregnancy, we recommend treatment 1x per week to:

- Promote and secure implantation
- Relieve stress/anxiety and keep the nervous system relaxed during this waiting period

For women who become pregnant, we continue to treat throughout the pregnancy to relieve nausea, fatigue, constipation, heartburn, aches/pains, common colds, headaches, etc. Four weeks prior to the due date we prepare the body for labor. We can promote the softening of the cervix and stimulate contractions if women go beyond the due date.

For women who do not become pregnant, we re-evaluate, alter treatment plan if needed, and prepare for next steps.