

Influence of acupuncture on the pregnancy rate in patients who undergo assisted reproduction therapy.

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Abstract

OBJECTIVE:

To evaluate the effect of acupuncture on the pregnancy rate in assisted reproduction therapy (ART) by comparing a group of patients receiving acupuncture treatment shortly before and after embryo transfer with a control group receiving no acupuncture.

DESIGN:

Prospective randomized study.

SETTING:

Fertility center.

PATIENT(S):

After giving informed consent, 160 patients who were undergoing ART and who had good quality embryos were divided into the following two groups through random selection: embryo transfer with acupuncture (n = 80) and embryo transfer without acupuncture (n = 80).

INTERVENTION(S):

Acupuncture was performed in 80 patients 25 minutes before and after embryo transfer. In the control group, embryos were transferred without any supportive therapy.

MAIN OUTCOME MEASURE(S):

Clinical pregnancy was defined as the presence of a fetal sac during an ultrasound examination 6 weeks after embryo transfer.

RESULT(S):

Clinical pregnancies were documented in 34 of 80 patients (42.5%) in the acupuncture group, whereas pregnancy rate was only 26.3% (21 out of 80 patients) in the control group.

CONCLUSION(S):

Acupuncture seems to be a useful tool for improving pregnancy rate after ART.

Comment in

- [Clinical decision-making--when science is uncertain.](#) [Fertil Steril. 2002]
- [Acupuncture and infertility: we need to stick to good science.](#) [Fertil Steril. 2006]

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