



Information for patients undergoing Assisted Reproduction



The IVF Protocol

In the Verity Allen Acupuncture clinic we use a tried and tested protocol to support women through each stage of the process. Whether you are undergoing ICSI, IVF or a Frozen Embryo Transfer (FET), we use a range of different point protocols to assist your body to produce the right hormones at the right time.

Our protocols are so well honed that we produced a clinical audit in 2017/18 of our live birth outcomes to show patients the effectiveness of acupuncture alongside IVF.

Birth rate statistics

Women receiving IVF in the UK are given, on average, a 25% chance of success, and just 14% for women in the 40+ category. Verity Allen Acupuncture has given women the chance to double, if not triple their chance of success.

2017/18 Clinical Audit of VAA Clinic	
Assisted Conception (IUI, IVF, ICSI)	67% live birth rate
Assisted Conception for women 40+	63% live birth rate
Natural Conception	60% live birth rate
Habitual Miscarriage	78% live birth rate
PCOS	60% live birth rate
Women who received 10 or more treatments prior to assisted conception	71% live birth rate

Treatment Plan

Whether you're undergoing IUI, IVF, FET or Reciprocal IVF, your practitioner will know exactly what to do at each point of your cycle.

We advise women that they should aim to have at least 6 acupuncture sessions prior to their IVF round however we understand that some patients can be a bit late in the game when deciding to use acupuncture to assist an IVF cycle and so we will support you in whichever stage of the process.

You will be advised to come for treatment weekly throughout your IVF round. Crucially you will require a treatment within 48 hours after embryo transfer. Your practitioner will make every effort to accommodate this however there may be times when we will be unable to do so for reasons beyond our control. If so you may be asked to travel to one of our other clinics or to an alternative practitioner.

If you are travelling to a London fertility clinic you will be able to have your pre and post embryo transfer treatments with our London Associate in her clinic just a 10 minute walk from Harley Street. All our Associates are used to "sharing" our patients and so you can choose which clinic to attend at each stage of your procedure depending on what suits you.

I have devised this sample treatment plan to give you an example of optimal treatment timings.

Example of optimal Treatment Plan for short or long protocol IVF	
1st January	Preparing for IVF treatment
8th January	Preparing for IVF treatment
15th January	Preparing for IVF treatment
22nd January	Preparing for IVF treatment
29th January	Preparing for IVF treatment
5th February	Preparing for IVF treatment
12th February	Pre period treatment
19th February	Post period treatment
26th February	Preparing for egg collection treatment
5th March	Post egg collection treatment/pre embryo transfer treatment
Embryo transfer date	Embryo transfer treatment on the day of transfer or within 48 hrs after transfer
19th March	Post transfer/implantation treatment
26th March	If pregnant the patient should continue with weekly treatment until 12 week scan to reduce the risk of miscarriage

What are the next steps if the cycle is unsuccessful?

In the unfortunate event you receive a negative pregnancy test, or suffer an early miscarriage, you will be encouraged to book a consultation with Verity to advise on next steps. Verity will offer a full hour's consultation and provide a written report outlining the proposed action plan. This may involve additional diagnostics which can be carried out through one of our partner Labs or a referral to our private GP and thyroid specialist, Dr Conway.

Appointments & Cancellations

We know that all types of assisted reproduction cycles are prone to change. The day of egg collection may be postponed or brought forward and embryo transfers may not always go ahead five days after egg retrieval.

Whilst we encourage you to book your appointments well in advance to avoid disappointment, we understand we must be flexible with cancellations. Therefore, if you need to move or cancel your appointment due to a change in your IVF timetable we will be happy to accommodate this with no charge. However, if you need to cancel your appointment for any other reason, and have not given 48 hours notice, you will be charged in full.

To move or cancel your appointment please contact your practitioner.

Contact details

Bristol Practice

Elizabeth Nicholson

elizabeth@verityallenacupuncture.com

07734 248326

Bournemouth Practice	Abbey Palmer	abbey@verityallenacupuncture.com	07470 724936
Devizes Practice	Melody Aspinall	melody@verityallenacupuncture.com	07840 620292
London Practice	Panilla Marott	panilla@verityallenacupuncture.com	07860 239998
Totnes Practice	Florence Diaz	florence@verityallenacupuncture.com	07903 121542

If you have any questions or complaints please email Verity on admin@verityallenacupuncture.com

From the Verity Allen Acupuncture team we wish you the very best of luck!