



TENNESSEE CENTER FOR
REPRODUCTIVE ACUPUNCTURE

Intrauterine Insemination (IUI) Acupuncture Protocol

Preconception: It is optimal to receive treatments 1 time per week during the 1-2 months prior to beginning an IUI cycle.

- Regulate hormones
- Reduce stress
- Improve blood flow to the uterus and ovaries
- Support egg health and quality

Stimulation: One treatment between cycle day 5 and 9 can help:

- Improve blood flow to uterus
- Reduce stress
- Decrease side effects of medications
- Support egg quality, quantity, and development .

IUI: One treatment within 24-48 hours of the IUI can help:

- Decrease uterine contractions
- Facilitate ovulation
- Support progesterone levels
- Reduce stress
- Increase the thickness and quality of the uterine lining
- Improve blood flow to the uterus

Implantation: One treatment 6-10 days post IUI can help:

- Decrease uterine contractions
- Support implantation rates
- Reduce stress
- Support early pregnancy

Please call the office or email as soon as you know your IUI date

Let us support your journey

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