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## The effect of acupuncture on the oocyte retrieval in IVF

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**Aim:** To evaluate the efficacy of acupuncture treatment on oocyte retrieval (OR) in IVF.

**Method:** 28 women undergoing IVF were randomized to 2 groups. Group A of 12 women received electro-acupuncture for 20 minutes before the start of OR. Group B of 16 women underwent routine conscious sedation just before the start of OR. Outcomes assessed the pain scores of lower back and lower abdominal measured using the visual analogue scale of 0 to 10. Measurements were done at 5 stages: 30 minutes before, during OR and 30, 60 and 120 minutes after OR. All scores were categorized as low (score  $\leq 3$ ) and high (score  $\geq 4$ ). The HR, BP, and SpO<sub>2</sub>, Respiration were assessed twice at before and after OR. Duration of procedure, post procedure monitoring and pregnancy outcome were also compared between the two groups.

**Results:** All acupuncture group patients with kidney in deficiency, 4 of them plus liver in deficiency, there into 2 of 4 not pregnant after OR. 44% in sedation group required top-up of additional pain relief compared to 8% in acupuncture group. The sedation group required post procedure monitoring while the acupuncture group did not require any. In additional, the pregnancy rate in the acupuncture group was significantly higher than the sedation group (83% versus 40%). Acupuncture didn't affect the normal range of the patients' BP, HR, SpO<sub>2</sub> and Respiration.

**Conclusions:** Electro-acupuncture has similar effects as sedation treatment for pain relief and increased in pregnancy rate.

### Biography

Cui Shu Li has completed her MD from Traditional Chinese Medicine University, Beijing China in 1984. She has taken advanced training in Western Medicine from Xuan Wu Hospital in Beijing for two years and worked in China Academy of TCM for 12 years till 1996. She was invited by MOH of Singapore in 1996, as a Senior Principal Acupuncturist working in Singapore for 20 years in Singapore General Hospital. She has more than 30 papers published. She is Chairman of Continuing Professional Education, Academia of Chinese Medicine Singapore, and a member of TCM professional panel and examinational committee of TCM Practitioner Board of Singapore.

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