

Female Fertility Articles

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

Wolfgang E. Paulus, M.D.,^[a] Mingmin Zhang, M.D.,^[b] Erwin Strehler, M.D.,^[a]
Imam El-Danasouri, Ph.D.,^[a] and Karl Sterzik, M.D.^[a]

Christian-Lauritzen-Institut, Ulm, Germany

FERTILITY AND STERILITY® VOL. 77, NO. 4, APRIL 2002

Copyright ©2002 American Society for Reproductive Medicine

Published by Elsevier Science Inc., Printed on acid-free paper in U.S.A.

Received June 5, 2001; revised and accepted October 16, 2001.

Reprint requests: Wolfgang E. Paulus, M.D., Christian-Lauritzen-Institut, Frauenstr. 51, D-89073,
Ulm, Germany (FAX: ++49-731-9665130; E-mail: paulus@reprotox.de).

^[a] Department of Reproductive Medicine, Christian-Lauritzen-Institut.

^[b] Department of Traditional Chinese Medicine, Tongji Hospital, Tongji Medical University, Wuhan,
People's Republic of China.

0015-0282/02/\$22.00 - PII S0015-0282(01)03273-3

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.

Female Fertility Articles

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. (Fertil Steril®2002;77:721- 4. ©2002 by American Society for Reproductive Medicine.)