

Acupuncture

at St Oswald's Hospice



This leaflet has been designed to tell you about acupuncture and why it is used. This includes the effects the treatment can have, any contraindications, and the safety and hygiene aspects of the treatment.

What is acupuncture?

Originating in China, acupuncture is an ancient treatment that has been used since 2000BC. It became popular in Western Medicine in the 1970s and has been included in physiotherapy practice in the NHS since 1982.

Acupuncture can be used as an effective form of pain relief but can also be beneficial for a wider range of symptoms such as sweats, dry mouth, anxiety and nausea.

During the treatment, fine stainless steel needles will be inserted into the skin.

Your physiotherapist will select points to needle, depending on your symptoms, this may be close to the painful area or areas of the body further away. There are also points in your ear which may be used, this is called auricular acupuncture.

Needles can be left in the skin for up to 30 minutes. The procedure should not cause any discomfort and will not feel like getting an injection.



Is it safe?

All needles are pre-sterilised, used once, and discarded.

As with any treatment, there are risks and side-effects, however these are minimal with acupuncture. Please speak to your Physiotherapist if you have any questions or concerns.

Can I benefit from the treatment?

Many conditions respond well to acupuncture, however a small number of people will not benefit.

Before you begin treatment, please inform your Physiotherapist if you are, and/or have, any of the following:

- Metal allergy
- Needle phobia
- Blood clotting disorder
- Lymphoedema
- Diabetes (please ensure you have eaten prior to treatment)
- Epilepsy
- Angina
- Infection
- Immunodeficient
- Taking anticoagulants
- History of blackouts/fainting
- A pacemaker
- May be pregnant
- Skin infection/wounds
- Receiving chemo or radiotherapy

This leaflet is available in a range of formats. Please ask a member of our team if you require a different format.
Thank you.

Find us on:



We are a registered charity and rely on voluntary donations and legacies to enable us to care for patients and families.

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