



**Blackpool Teaching  
Hospitals**  
NHS Foundation Trust

# Acupuncture

## Patient Information Leaflet



# What is Acupuncture?

Acupuncture is an ancient medical system which involves inserting very fine needles at specific points to ease pain symptoms. In some of our Trust services we can use Acupuncture to help ease pain. We do not offer Acupuncture for any reason other than pain relief.

Acupuncture is generally very safe and undesirable side effects are minimal and rare. A common effect of Acupuncture is a feeling of relaxation and possibly drowsiness.

## **Precautions and Advice**

Occasionally Acupuncture may cause a temporary fall in blood pressure leading to a feeling of dizziness or nausea.

For your safety and well-being at your first treatment of Acupuncture, you need to be accompanied by a responsible adult. This is to make sure you arrive safely at home.

Do not drive yourself or use public transport.

## Are there any side effects?

When the needle is removed minor bleeding may occur.

Occasionally minor bruising may occur. Symptoms may increase initially following your first treatment but these usually settle within 24 - 48 hours.

In very rare cases a patient may be allergic to the needles. However the disposable sterile needles we use are steel coated and have not yet produced any adverse reactions.

# How to prepare for your Acupuncture

Some medications increase the risk of bleeding and you may not be suitable for Acupuncture. Please inform us if you are taking any of the following;

- Aspirin (more than 75mg)
- Warfarin
- Heparin
- Clopidogrel (plavix)
- Acenocoumarol
- Dalteparin
- Prasugrel
- Dipyridamole
- Ticagrelor
- Rivaroxaban
- Dabigatran
- Apixaban

Please avoid using any oils, perfumes or after shave prior to your treatment.

You will probably be required to undress and so a separate top and trousers / skirt is ideal.

Please ensure you have someone escorting you to and from your first appointment.

Please do not attend feeling hungry. Ensure that you have had a light meal within 2 hours of your appointment: breakfast if your appointment is in the morning and lunch for an afternoon

## How effective is Acupuncture?

Acupuncture is unlikely to cure your pain problems.

We use it to try to reduce pain in order for you to maintain or increase your activity.

The length of the course will be decided by the Acupuncturist.

## Useful contact details

### Pain Management Service

01253 955301/955303

**MSK Services Fleetwood** 01253 956007

**MSK Services Clifton** 01253 956235

Hospital Switchboard: **01253 300000**

## Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: **01253 955589**

Email: **patient.relations@bfwh.nhs.uk**

You can also write to us at: **Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

## References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation. Details of the references used in writing this leaflet are available on request from: **Procedural Document and Leaflet Coordinator 01253 953397**

## Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:  
**01253 955588**



Our Four Values:



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