

Acupuncture

Information and advice for patients

Pain management



Please read this leaflet carefully. Ask your doctor about anything you do not understand.



Before you start treatment, you will need to sign a form to say if you agree or disagree to be treated. You can change your mind at any time about whether you want acupuncture or not.

What is acupuncture?

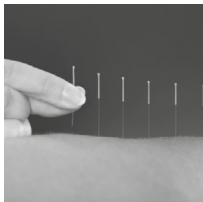


Image Source: <https://carex.com/blogs/resources/home-remedies-for-arthritis>

Acupuncture is when very fine needles are put into parts of your body. The needles can go into an area where you have pain, or in other parts of your body.



The acupuncture needles will stay in place for 20 – 45 minutes.



Sometimes, electro acupuncture is used. This can be done with small, safe electrical currents in the needle.

Image Source: <https://pngimg.com/image/28067>

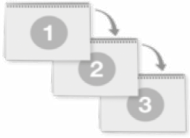
How does acupuncture work?



Acupuncture needles can make the brain release natural chemicals that reduce pain. These are called endorphins.



Acupuncture can restore the normal flow of good energy in the body.



It takes 3 or 4 treatments with Acupuncture before your pain will reduce.

What are the benefits of acupuncture?



Acupuncture will not make your pain go away completely.



Acupuncture can reduce your pain.



Acupuncture can help with sleep.



Acupuncture can make you feel less stressed and more relaxed.

Image Source: www.canva.com



Acupuncture can improve your well-being.

Is acupuncture safe?



Acupuncture is very safe.



Some people can feel drowsy after acupuncture.



Some people bleed or get bruises after acupuncture treatment, speak to your doctor if this worries you.



Some people get new pain, or worse pain after the first acupuncture treatment. This often means your body is reacting in the right way and will do well with acupuncture.



Some people can feel dizzy and faint after acupuncture.



There is a very small risk of allergies or infections, but we use sterile, single-use needles to prevent this.

Image Source: <https://www.flickr.com/photos/acidpix/6461577407/>

Why can I not have acupuncture?



You cannot have acupuncture if you have a metal allergy.

You may not be given acupuncture if you have a needle phobia.

You cannot have acupuncture if you have an infection where the needles would need to go.

You cannot have acupuncture if you have haemophilia.

What your doctor needs to know:



Do you...

- Have a bleeding disorder
- Bruise easily
- Take blood-thinning medicine (anti-coagulants), such as Warfarin, Heparin or Clopidogrel?



Have you ever had a fainting fit or “funny turn”?



Do you have a pacemaker or other electrical implant?



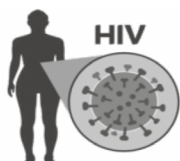
Do you have damaged heart valves or any other particular risk of infection?



Do you have diabetes?



Are you pregnant or trying to get pregnant?



Do you have hepatitis, HIV or any other blood disorder?



Do you have epilepsy?

I want to try acupuncture – what happens next?



Call us or write us an email within four weeks of getting this leaflet.

We will then add you to the waiting list for acupuncture.

Before your acupuncture appointment, you will have an appointment to discuss further with the pain team and to speak about your treatment.

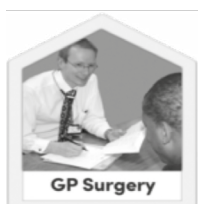


Call us on:

0121 507 4866

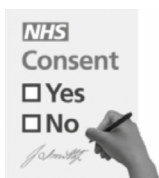
Please leave us a message on the answerphone if we don't pick up the phone.

Email us: swbh.pain-plan@nhs.net



If we do not hear from you within four weeks, you will not get an acupuncture appointment.

You can ask your GP for a new referral if you change your mind and want acupuncture in the future.



Once we have spoken to you and are sure that you understand what acupuncture is about, you will have to sign a consent form and treatment can begin.



We will usually offer you six sessions, once a week.



If you do not want to have acupuncture anymore, please let us know and we can talk about what other treatment might be best for you.

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



A Teaching Trust of The University of Birmingham

Incorporating the Midland Metropolitan University Hospital, City Health Campus, Sandwell Health Campus and Rowley Regis Hospital.

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M8151

Issue Date: June 2025

Review Date: June 2028