



Contact us

We're here to help.

Get in touch by calling the physiotherapy team on 0117 330 2659

If you require this leaflet in another format or language, please contact us on comms@briscohealth.nhs.uk or ring 0117 900 2198 and we will be pleased to assist you.

Tell us what you think

Contact our Physiotherapy service manager on the contact number above or call 0117 900 2540 to request a 'Listening to you' leaflet.

Alternatively feedback online here:
bit.ly/TellustodayPhy



Scan here to feedback

Acupuncture

Patient guide



Your physiotherapist has referred you to the acupuncture clinic provided by Bristol Community Health's Musculoskeletal (MSK) Service.

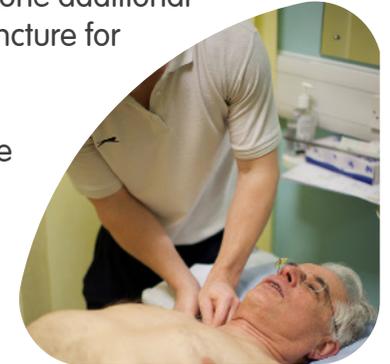
What is acupuncture?



In acupuncture fine needles are inserted into acupuncture points by a physiotherapist who has undergone additional training in acupuncture for pain relief.

Once inserted, the fine needles may cause a mild temporary discomfort.

You may feel other sensations such as aching, tingling or warmth which are all normal responses.



Why do we use it?

Scientific research has shown that acupuncture can reduce pain. It does this by having a positive effect on the body's pain relieving mechanisms and by promoting local tissue healing.

Your acupuncture session

How long is my appointment?

Your appointment will last approximately 30 minutes.

How many sessions will I have?

Your course of treatment will run over several weeks and you may be required to attend twice weekly for a maximum of 8 sessions.

Please make sure that you're available for a 4-5 week block when booking your first appointment.

How do I book my appointment?

You will receive a letter asking that you phone to book an appointment when you reach the top of our waiting list for acupuncture.

Where is my appointment?

The acupuncture clinic can be accessed at the following locations:

- **Hampton House Health Centre**

St Michaels Hill,
Cotham

Metered parking nearby

- **Knowle West Health Park**

Downton Road,
Knowle West

Parking on-site

- ***Acupuncture is sometimes provided at other Bristol Community Health bases and this will be discussed with you when your appointments are made***

If you fail to attend two or more treatments you will be discharged

There is a small chance that you might feel lightheaded after treatment

We recommend following these steps:

- 1 Eat a small snack before your appointment.
- 2 Allow extra time after your appointment in case you need to let any feelings of lightheadedness pass before driving home. Alternatively, you may choose to use public transport or arrange for someone else to drive.

Are there any risks?

Please be informed that there are risks involved with acupuncture.

Please review the risks documented overleaf.

If any of them concern you we encourage you to discuss them with an acupuncturist before your acupuncture clinic appointment. Please call us on 0117 330 2659.

You can decline treatment at any time if the risks worry you.

In general there is a risk of a 'serious adverse event' of 0.02 per 10,000 treatments (2 in 1 million treatments).

- **Minor bleeding or bruising; increased pain; fatigue**

Risks in up to 5 in 10 treatments

A White (2004) "A cumulative review of the range and incidence of significant adverse events associated with acupuncture" ACUPUNCTURE IN MEDICINE 2004;22(3):122-133.

- **Sweating; heart racing; pins and needles; fainting; drowsiness**

Risks in less than 1 in 10 treatments, but more than 1 in 100 treatments

A White, Cummings M, Filshie J (2008) An introduction to Western medical Acupuncture. Pages 122-126. Churchill Livingstone Elsevier. [ISBN 0443071772]

- **Nausea**

Risks in less than 1 in 100 treatments, but more than 1 in 1000 treatments

A White, S Hayhoe, A Hart, E Ernst (2001) "Adverse events following acupuncture: prospective survey of 32 000 consultations with doctors and physiotherapists" BMJ Volume 323 1 September.

- **Failure to remove needle; infection**

Risks in less than 1 in 1000 treatments, but more than 1 in 10,000 treatments:

E Ernst, AR White (2001) "Prospective studies of the safety of acupuncture: a systematic review" The American journal of medicine volume 110(6) pages 481-485

- **Pneumothorax (a collection of air between the lung and the chest wall).**

Risks in less than 1 in 10,000 treatments, but more than 1 in 100,000 treatments:

R Umlauf (1988) "Analysis of the main results of the activity of the acupuncture department of faculty hospital" ACUPUNCTURE IN MEDICINE 1988: 5: 16-18

- **Exacerbation of current illness e.g. asthma or high blood pressure**

Risks in less than 1 in 100,000 treatments, but more than 1 in 1,000,000 treatments:

A White, Cummings M, Filshie J (2008) An introduction to Western medical Acupuncture. Pages 122-126. Churchill Livingstone Elsevier. [ISBN 0443071772]

- **Deep vein thrombosis; death secondary to infection; heart or lung injury**

Risks in less than 1 in 1,000,000 treatments: Spinal Cord injury; organ injury; heart injury [cardiac 'tamponade'];

H. Yamashita, H. Tsukayama, A.R. White, Y. Tanno, C. Sugishita, E. Ernst (2001) "Systematic review of adverse events following acupuncture: the Japanese literature" Complementary Therapies in Medicine. Volume 9, Issue 2, June 2001, Pages 98-104

Helping you to live life well