

What to do after acupuncture treatment:

- Avoid using heavy/dangerous machinery.
- Aircrew should **NOT** fly for 24 hours.
- Drink plenty of water.
- Avoid long driving journeys for 24 hours.

SPECIAL NOTE:

It is important that you eat something prior to receiving acupuncture as acupuncture alters blood sugar levels.

When is acupuncture NOT advised?

- If you have an uncontrolled heart condition.
- If you have uncontrolled epilepsy.
- If you have uncontrolled diabetes.

It may be done with caution:

- If you are pregnant.
- If you are a haemophiliac.
- If you are taking anticoagulants.
- If epilepsy is controlled.
- If diabetes is controlled.
- If you have an allergy to metals.
- In the presence of blood-borne disease, e.g. HIV or Hepatitis B.



ACUPUNCTURE

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Council

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