



**WELCOME TO THE RADIATION ONCOLOGY GROUP ACUPUNCTURE!**

***This Integrative Therapy is provided to you by the Katherine A. Gallagher Integrative Therapies Program and your Radiation Oncology Team***

***Before Your Appointment***

- You must have written approval from your Radiation Oncology team (RN, NP, MD) prior to starting acupuncture.
- Have something light to eat before treatment. You do not want to have a totally empty or totally full stomach.
- Wear loose, comfortable clothing so you can roll up your sleeves, or pant legs if needed.
- Please remember to silence all electronic devices **BEFORE** you come into the treatment room. Other people may be sleeping or relaxing. We want to create a healing environment and we try to keep noise to a minimum.
- Sessions are usually 45 minutes long; please inform your acupuncturist when you arrive if you have to leave at a certain time.
- Due to the large volume of patients we cannot accommodate “drop-ins”.

***Group Acupuncture Session***

- You will receive your acupuncture treatment in a quiet group environment. Our treatment room has a capacity of five patients. Please feel free to sit in any available recliner when you arrive.
- Group Acupuncture is held on Lunder Lower Level 2 (LL2) in Patient waiting Room D. Please report directly to this room for your appointment.
- Your acupuncturist will briefly talk with you about your symptoms and health concerns.
- As part of the assessment, the acupuncturist will take your pulse and look at your tongue. During the session, you will remain fully clothed, but will remove your shoes and socks.
- Hair-thin, sterile, disposable pins will be inserted in different locations on your body based on your Asian Medicine diagnosis. Upon insertion, you may feel a slight pinch, tingling, or an electrical sensation. Once the pins are in place, most patients feel very relaxed or even fall asleep.
- Acupuncture is intended to help you manage side effects and symptoms associated with radiation therapy.
- You do not need to check out with anyone after your session.

***Follow-up Appointments***

- Your acupuncturist will develop a treatment plan with you outlining the number and recommended frequency of acupuncture sessions. After your initial visit, please call our Patient Coordinator, Holly Chartrand, at 617-726-4178 to schedule your follow up appointments.
- ***We have very limited appointment availability, so please let Holly know if you need to cancel so that we may contact patients on our waiting list.***

**Remember:** Complementary therapies have a cumulative effect. This means it may take several treatments for you to notice any changes. Be patient with the process.

Thank you and welcome again to the radiation group acupuncture clinic!