

Acupuncture

- i. Needles used to pierce the skin in acupuncture treatments are critical items
- ii. These needles must be supplied pre-packaged and sterile, and discarded immediately after use since they cannot be adequately cleaned. **Never re-use needles.**
- iii. Needles must not be saved to be reused on the same client.
- iv. If the acupuncture treatment is performed by a regulated health professional, their practice does not require routine inspections by health unit staff.

Additional Requirements to the General Guidelines

- i. All acupuncture needles that pierce the skin must be supplied as prepackaged, single-used, disposable and sterile. It is recommended the needles with plastic sheaths (guiding tube) be used for acupuncture treatments. Do not remove the plastic sheath prior to insertion in client.
- ii. Any item used to manipulate a sterile needle prior to insertion must also be sterile.
- iii. Each individual needle must only be used on one site on the same client.
- iv. The reusable handles for seven-star or plum-blossom needles must be cleaned and then disinfected using a high-level disinfectant after each client use.
- v. Sterile needles must not be placed on or in any non-sterile environment (i.e. solution, cotton, foam, tray, etc) before use. It is recommended that needles be removed from sealed packages in view of clients, just prior to insertion in the client.
- vi. Care must be taken to touch only the upper part of the needle (called the “handle”) when removing them from the packaging, particularly when the needles are bundled together. Any unused bundled needles must be discarded after each client.

- vii. Instruments (i.e. tweezers, forceps) coming in contact with the needle(s) after insertion into the client, must be cleaned and then high-level disinfected between clients.
Electrostimulation metal clips/hoops must be cleaned then thoroughly wiped using an intermediate or high-level disinfectant after each client.
- viii. Items used for cupping intact skin must be cleaned and then low-level disinfected between clients.
- ix. Acupuncture should not be performed on non-intact skin.

For more information, call

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**HealthACTION Line
at 1-800-660-5853**

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