

Class 4 - Precautions and Contraindications

Points with Contraindication and Cautions

Pregnancy

- A. Forbidden (unless to induce or remove pain in labour):
 - LI 4, SP 6 (strongest point to cause miscarriage), UB 60, UB 67
- B. Careful: GB 21
- C. Lower abdomen and back (including sacral area)

Menstruation

- A. Careful during second day of cycle on:
 - lower abdomen points (as they can cause uterine bleeding)

Infants (up to 6 months)

- E. Head points up to age 6 months do

General

- A. St 17 - nipple, no moxa or acupuncture
- B. Ren 8 - umbilicus, indirect moxa only

Points that require care

- A. Large artery relate points such as:
 - Lu 9, St 30, St 42, St 9, Li 18
- B. Ren 22 - only quickly needle as it causes coughing
- C. Upper back (above T10) and chest (concern for pneumothorax)
- D. St 1 and other eye points
- E. Ren 15, Sp 11 - near sternalcostal angle do to possible enlargement of heart

Patient Constitution Issues

Avoid needling when:

Just having over eaten, over tired, over emotional, over hungry
intoxicated

Delay or limit needles:

Large amount of sweating or sever diarrhea (do to possible fainting)