Study ID	Nation	Sample size	Age(EG/ CG)	Type of surgery	Intervention time	Study design	Acupuncture points	Outcomes
Yang 2011	China	60	EG:60.9±6.63 CG:62±6.98	Not specified (open or laparoscopic)	EA once daily from POD 1 until 3 days after the day of first defaecation. 6 points for 30 min.	EA and usual care (n=31) vs Usual care (n=29)	ST36, ST37, ST39	A, b, c, m
Meng 2010	China	85	EG:54.3 CG:53.1	Open (colon)	EA once daily for a total of 6 days from POD 1 and 8 points for 20 min;	EA and usual care (n=44) vs No acupuncture and usual care (n=41)	TE6, GB34, ST36, ST37	A, c, f, m
Zhang 2014	China	60	EG: 63±9 CG1:60±10	Open	EA once daily for a total of 4 days from POD 1 and 2 points for 30 min;	EA and usual care (n=20) vs SAand usual care (n=20)	ST36	A, b, c, d, f
Xiao 2014	China	30	EG:55.87±10.49 CG:54.63±10.25	Not specified (open or laparoscopic)	EA once daily for a total of 5 days from POD2 and 4 points for 20 min;	EA and usual care（n=15）vs Usual care (n=15)	ST36, ST37	A, b, c, e, f, g, m,
Xue 2020	China	71	EG:59.51±13.793 CG:63.54±7.924	laparoscopic	EA was performed for a total of 5 days from POD1 And 2 points for 30 min every day.	EA and fast-track recovery (n=36) vs fast-track recovery (n=35)	ST36	A, b, d, e, h, J, m
Deng 2013	America	90	EG:51.00±4.05 CG:50.00±5.22	Open	EA twice daily for a total of 3 days from POD 1 and 14 points for 30 min;	EA and usual care (n=46) vs SA and usual care (n=44)	ST36, PC6, LI4, SP6, SP9, ST25	a, f, m
Garcia 2008	America	78	**EG:**/ **CG:**/	Not specified (open or laparoscopic)	EA was performed on LI4 and ST36 and MA was performed on the other points twice a day, starting on postoperative day 1, for 4 consecutive postoperative days or until the first bowel movement, whichever came first.	EA and usual care （n=38) vs NA and usual care (n=40)	LI4, ST36, SP6, ST25, CV6, CV12	A, c, f, g, m, n

Study ID	Nation	Sample size	Age(EG/CG)	Type of surgery	Intervention time	Study design	Acupuncture points	Outcomes
Ng 2013	China (Hong Kong)	165	EG: 67.4 ± 9.7 CG1:67.4 ± 10.7 CG2:68.5 ± 10.6 CG2:67.4 ± 10.7	Laparoscopic	EA once daily for a total of 4 days from POD 1 and 8 points for 20 min;	EA (n=55) vs NA (n=55) vs SA (n=55)	ST36, ST6, LI4, TE6	A, b, e, m
Mai 2017	China	60	EG:51±1 CG1:52±5 CG2:50±5	open	EA was performed one day and 30 mins before operation.	EA and usual care（n=20）vs Usual care (n=20）vs EA and usual care (n=20）	ST36, ST37, ST39, ST25, RN12	A, c, j, k
Long 2021	China	60	EG:63.53 ± 14.39 CG:61.83 ± 11.90	Not specified	EA once daily for a total of 4 days from POD 1 and 8 points for 20 min;	EA and usual（n=30）vs Usual(n=30）	LU7, LU9	A, b, c, d, m
Zhu 2021	China	86	EG:61±11 CG:60±12	Not specified (colon)	EA once daily for a total of 5 days from POD 1, 12 points for 30 mins;	EA and fast-track recovery (n=43) vs fast-track recovery (n=43)	ST36, ST37, ST39, LI4, PC6, SP6	A, b, e
Si 2015	China	40	EG:45 CG:46	Not specified	From 24 hours after surgery, 20 mins once a day, till bowel sounds and passing flatus occurred.	EA and usual care（n=20）vs Usual care (n=20）	ST36, ST37, SP6, ST25, LI4	A, c
Niu 2008	China	32	EG:52 CG:52	Not specified	From postoperative day 1,15 min, twice daily.	EA and Usual care（n=16）vs Usual care (n=16）	ST36, ST37, PC6	a
Li 2018	China	82	EG:65.38±13. 27 CG1:64.93 ±11.43 CG2:66.02 ±13.09	open or laparoscopic	MA was performed 6h after operation and twice one day at 9Am and 9Pm until the first flatus. Four points for 30 min every day and every 10 mins having hand-manipulating of needle of ChiFengYingYuan.	MA and ERAS（n=42）vs ERAS (n=40）vs Usual care (n=41）	ST36, PC6	A, b, c, d, e, f, g, m

Study ID	Nation	Sample size	Age(EG/CG)	Type of surgery	Intervention time	Study design	Acupuncture points	Outcomes
Wang 2011	China	30	EG:60.4±11.01 CG:58.0±10.24	Open	MA was performed for a total of 5 days from POD1. 8 points for 30 min every day.	MA and fast-track recovery (n=15) vs fast-track recovery (n=15)	ST36, ST37, PC6, SP4	a, b, c, e, f, g, i
Liang 2020	China	120	EG:59.5±10.8 CG:57.2±12.2	Not specified (open or laparoscopic)	MA was performed for a total of 5 days from POD1. 10 points for 30 min every day.	MA and fast-track recovery (n=60) vs fast-track recovery (n=60)	LI10, LI4, ST25, ST36, ST37	a, b, c, g, I, m
Zhang 2021	China	70	EG:60.92 ±5.51 CG:60.76 ±5.48	Laparoscopic	MA was performed 6h after operation and twice one day at 9Am and 9Pm until the first flatus. Four points for 30 min every day	MA and usual care（n=35）vs Usual care (n=35）	ST36, PC6	a, b, c, e, l
Tong 2014	China	84	EG:58.6±15.1 CG:59.2±14.7	Open (Rectal}	From 2 hours after surgery, 30 min, once a day	MA and fast-track recovery (n=42) vs fast-track recovery (n=42)	ST36, ST37, PC6	A, b, c, g
Xiao 2014 b	China	30	EG:55.87±10.49 CG:54.63±10.25	Not specified (open or laparoscopic)	MA once daily for a total of 5 days from POD2 and 4 points for 20 min;	MA and usual care（n=15）vs Usual care (n=15）	ST36, ST37	a, b, c, e, f, g
Xiao 2016	China	60	EG:56.73±11.73 CG:55.00±10.69	Not specified	What time ACE was performed is not mentioned.	ACE and usual care（n=30）vs Usual care (n=30）	ST36, ST25, BL25	a, b, c, m
Qian 2011	China	62	EG:57 ± 28 CG:56 ± 28	Open	ACE was performed six hours after operation.	ACE and usual care（n=31）vs Usual care (n=31）	ST36	a, b, c, m

Study ID	Nation	Sample size	Age(EG/CG)	Type of surgery	Intervention time	Study design	Acupuncture points	Outcomes
Huang 2019	China	64	EG:58.59 (11.27) CG:60.57 (12.10)	laparoscopic	TEAS was performed 30 min before anesthesia to the end of surgery.	TEAS and ERAS（n=32）vs ERAS (n=32）	ST36	a, d, e
Feng 2020	China	60	EG:66.3±8.6 CG:65.8±5.7	Laparoscopic (colon)	TEAS was performed 3 days before operation for 30 mins.	TEAS and usual care（n=28) vs SA and usual care (n=32）	ST36, PC6	A, d, e, f, i
Xu 2019	China	40	EG:61.92±4.83 CG:61.78±4.79	Not specified	Moxa was performed six hours after operation and once daily for a total of 3 days and 2 points for 10-15 min	Mox and usual care (n=20) vs Usual care (n=20）	ST36	B, c, d
Ni 2021	China	84	EG:56.62±7.91 CG1:56.29±8.36 CG2:55.48±9.01	Not specified	MOXA was performed once a day after operation for 5 days.	Mox and usual care (n=42) vs Usual care (n=42） Vs Mox in a period (n=42）	ST36	A, b, d, g, m
Yang 2019	China	70	EG:57.03±11.82 CG:59.33±10.18	laparoscopic	MOXA was performed twice a day after operation for 14 days.	Mox and usual care (n=37) vs Usual care (n=33）	ST36, RN4, RN6	A, b, e
Du 2011	China	105	EG:57.11±11.68 CG:59.14±8.50 CG2:60.14±13.61	Rectal Miles or Dixon Colon open	Mox was performed on the first day after operation, once a day for 10 days and 2 cones on ST36 (bilateral) and 45 mins for 10 points.	Mox and usual care（n=35）vs Usual care (n=35）vs Chinese medicine（n=35）	ST36, ST37, ST39, SP6, SP9	A, b, c, l, m
Chao 2013	China（Taiwan)	60	EG:62.8 CG:61.9	Open	Acupressure procedure in a three-minute cycle performed three times per day during the five days after surgery	Acupressure and usual care （n=30）vs sham acupressure and usual care (n=30）	ST36	A, b, c

- Notes: a: time to first flatus, b: time to first defaecation, c: time to first bowel sounds, d: Length of hospital stay, e: postoperative pain, f: nausea and vomiting, g: abdominal distension, h: postoperative fatigue, i: Serum gastrin hormone level j: WBC k: NE l: CD3+、CD4+、CD4+/CD8+ m: postoperative complications and adverse events, n: QOL