

CLOMIFENE CITRATE (CLOMID) TREATMENT

The results of your blood tests show that you are not ovulating (producing an egg) every month. We therefore advise that you take a tablet called Clomifene Citrate (Clomid). These tablets stimulate the ovary to produce an egg and this may increase the chance of conception.

Instructions for taking Clomifene

Clomifene is taken from the 2nd day of your cycle for five days (Day 2-6 of your cycle). The usual starting dose of Clomifene is one tablet (50mg). Count day 1 of your cycle as the first day of proper bleeding, do not count any spotting that may start a few days prior to the proper bleeding.

If you do not have any periods or your cycles are very irregular you will be given some tablets called Provera to induce a withdrawal bleed. Patients are asked to avoid pregnancy (no sex or use condoms) for 2 weeks, then carry out a home pregnancy test with an early morning specimen of urine, if negative commence Provera 10mg twice daily for 7 days. A few days after stopping the Provera a period should start. Then take the Clomifene on day 2 - 6 of your induced bleed. If a bleed has not occurred 10 days after stopping Provera please contact the Fertility Clinic on 01733-673750.

You must have a BMI between 19-30 to commence treatment. The treatment is most effective when you are neither underweight nor overweight.

Monitoring of treatment cycle

It is essential that your response to this treatment is monitored and we would arrange weekly blood tests to measure oestradiol and progesterone hormones. **If your weekly blood fall on a Saturday, please have your blood test taken on a Friday. If the blood test falls on a Sunday, please have your blood taken on the Monday.** If hormone levels are high you may be contacted to have a pelvic USS to check the ovaries are not overstimulated. If blood tests suggest that you did not ovulate it would be necessary to increase your Clomifene dose. **Never adjust your dose without instruction from the Fertility Clinic.**

Effectiveness of treatment

- 70% of women who take Clomifene achieve ovulation
- 35-50% achieve a pregnancy
- 6-10% of Clomifene pregnancies are multiple – the vast majority of these are twins, although occasionally higher multiple pregnancies can rarely occur.

Tubal patency investigation

If you decided not to have your fallopian tubes checked prior to commencing treatment this will again be offered after 3 ovulations if conception has not occurred. If conception has not occurred after 6 ovulations you will be reviewed in the Fertility Clinic.

Side Effects

- Hot flushes
- Abdominal discomfort
- Headaches, nausea, insomnia, irritability, visual disturbances

Please contact the fertility clinic if you have any side effects that are worrying you.

Risk of ovarian cancer

The association between ovarian cancer risk and prolonged Clomifene use remains uncertain. It is recommended (NICE guideline 156) that Clomifene only be used for 6 months.

If you have any concerns whilst taking Clomifene please contact the Fertility Clinic on: 01733-673750

If Provera required to induce a period:

Avoid pregnancy (no sex or use condoms) from _____ to _____

Pregnancy test (with early morning urine sample on: _____)

If negative commence Provera 5mg twice daily: _____ to _____

Stop Provera and await period:

Start Clomifene from Day 2 to 6 of cycle: _____ to _____