

Clomiphene Citrate for Ovulation Induction

What is Clomiphene Citrate (Clomid)?

Clomiphene or Clomiphene citrate is a tablet used to stimulate your ovaries to produce eggs, a process called ovulation induction.

Why do you need this?

You will need this if your ovaries are not producing eggs on their own, that is, you are not ovulating naturally.

What is the dosage of this drug and when do you take it?

This tablet is usually started at a dose of 50 mg once a day. It is taken for a total of 5 consecutive days, during your menstrual cycle and preferably at the same time every day.

The first day of your period is counted as day one of your cycle.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Call 01494324563	Start Clomiphene	Continue Clomiphene	Continue Clomiphene	Continue Clomiphene	Take the last tablet of Clomiphene

You start taking the tablet on day 2 of your cycle and take the last dose on day 6.

You will then have a follow-up scan and a blood test to check if the treatment has been successful in stimulating your ovaries. The scan will be done between day 8 to day 12 of your cycle.

You will also be asked to have a blood test, usually on day 21 of your cycle, either at the hospital or at your doctors' surgery.

If the initial starting dose of 50 mg has not succeeded in stimulating your ovaries, the dose will be increased for a subsequent treatment cycle.

How do you organise your scan?

On the first day of your cycle, you are advised to call on **01494324563**. This is the contact number for the fertility secretary. If you are calling out of hours or unable to get in touch with the secretary, you are advised to leave a message on the phone. The secretary will get in touch with you and arrange a date for the scan. If for any reason the scan cannot be done in this cycle, we will attempt to get the scan done in the next cycle by following the same process again.

How successful is it?

Ovulation rates of 70% and pregnancy rates of close to 40% have been reported with Clomiphene.

Side effects

Like any other medication, this drug also has some side effects. These range from headache, nausea, abdominal pain, hot flushes, bloating, breast tenderness, weight gain and visual disturbances like blurring of vision, double vision or seeing flashing lights. Most side effects are minor but, if you experience any visual disturbance, please stop taking the drug.

It can occasionally cause a lot of eggs to develop at the same time causing your ovaries to become enlarged. This may result in retention of fluid in your abdomen leading to pain and a swollen abdomen. This condition is called ovarian hyperstimulation syndrome (OHSS). In some women it can be severe enough to require hospitalisation with drainage of the accumulated fluid. The increased number of eggs produced also increases the risk of multiple pregnancy (5-10%).

There is no evidence of increased miscarriage or birth defects with clomiphene.

How long can you use Clomiphene?

It is used for a maximum of 6 treatment cycles due to a small increase in risk of ovarian cancer following use for more than 12 cycles.

How can you help reduce healthcare associated infections?

Infection prevention and control is important to the well-being of our patients and for that reason we have infection prevention and control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections.

If you need advice or further assistance, please contact our patient advice and liaison service (PALS): call 01296 316042 or email bht.pals@nhs.net

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

Division of Women, Children & Sexual Health Services

Approvals:

Gynae Guidelines Group: V1 Jan 2021

O&G SDU: V1 SDU Lead May 2021, SDU May 2021

Patient Evaluation forms: by Divya Nambiar

Equality Impact Assessment: V1 Nov 2020

Communications Advisory Panel: V1 Feb 2022