

# Clomifene Citrate (Clomid) Therapy

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You have been prescribed Clomifene citrate (Clomid). This is to make you ovulate or to enhance your ovulation (egg production) if you are already ovulating. It is worth noting that clomiphene works best if you are neither underweight nor overweight. Clomifene works by telling the body that it is not producing high enough levels of the hormones that are needed for ovulation. To do this efficiently different dosages will be required for different people and this sometimes takes a month or two to get right. Usually the lowest possible dose which is suitable for you will have been prescribed as a starting point. Your doctor may then alter this once your response has been monitored.

## Dosage

• **Take.....tablets from day 2 of period for 5 days**

Day 1 is the first day of your period. If you are doubtful as to it being a proper start to a period wait until you are certain. If you are not having periods your doctor will give you a short course of another hormone preparation to make you have a period. Clomifene should only be taken when you are having a period and should not be taken if there is any chance that you could be pregnant.

- If you are taking more than one tablet as a dose you should take all the tablets at the same time of day. It does not matter whether this is in the evening or the morning.
- Thereafter, if your period comes by day 35 start taking the Clomifene again from day 2. If you have not had a period by day 35 you should perform a pregnancy test and if that is negative an artificial period can induced with a short course of hormones prescribed by either your GP or gynaecologist.

## How do I know it is working?

- Generally your cycles will settle into a fairly regular pattern. The clinic will often arrange a combination of blood tests and ultrasound scans to check that ovulation is occurring and to check the level of hormone progesterone, which is released after ovulation.

## Is it a safe drug and are there any side effects?

Clomifene is generally a very safe and effective drug. However, there is approximately a 10% risk of a multiple pregnancy. This usually means twins, but triplets and higher order pregnancies occur very infrequently. We often perform ultrasound scans to look at the number of follicles (or small cysts that develop containing eggs) in order to minimize the risk of a

multiple pregnancy. Side effects include headaches, nausea, hot flushes, breast tenderness and fluid retention. Most women tolerate the drug well and sideeffects are rarely serious. If you develop any blurring of vision or double vision you should stop taking Clomifene straight away.

### **How long should the drug be taken?**

Once you are ovulating and having regular periods when taking Clomifene, your best chance of pregnancy is within the first 6 months. If you are not pregnant after 6 months of therapy it is likely that an alternative therapy will be suggested. Occasionally we advise that Clomifene should be taken for more than 6 months, but rarely for more than 9 months in total and never for more than 12 months.

There has been a suggestion, from a study in the United States, that prolonged use of Clomifene may be associated with an increased risk of ovarian cancer and in that study the risks appeared to increase after more than 12 months of usage. If you have any queries or problems with your treatment at any time please contact either the fertility clinic or your GP.

### **Instructions for Ovarian Cycle Tracking**

You have been requested to undergo ovarian cycle tracking following your next menstrual cycle. Please contact the Yorkshire Fertility between 9.30am and 4.00pm weekdays on 01422 224478 (answer phone available) or 01422 224660 as soon as possible after the start of your next period. An appointment will then be made for cycle tracking from approximately the 10th day of your cycle. Alternatively if you are having treatment at Pinderfields Hospital please contact 01924 543814.

Cycle tracking involves a trans-vaginal ultrasound scan of your ovaries. You need an empty bladder for this procedure. You will normally be requested to attend alternate days for approximately one week for this procedure.

**If you would like this information in another format or language contact the above.**

### **Czech**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

### **Hungarian**

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

### **Polish**

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

### **Punjabi**

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

### **Urdu**

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

If you have any comments about this leaflet or the service you have received you can contact:

Clinical Lead Nurse  
Yorkshire Fertility  
Calderdale Royal Hospital  
Salterhebble  
HALIFAX  
HX3 0PW

Telephone (01422) 224478  
[www.yorkshirefertility.co.uk](http://www.yorkshirefertility.co.uk)