

# Clomiphene Citrate Therapy

## Patient Information

FERTILITY  
FUSION

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## Introduction

Clomiphene (clomid) tablets are used to induce ovulation (egg production) in patients who are not ovulating. They may be used in patients who have polycystic ovaries, or in those whom the cause of anovulation (not producing eggs) is unknown. Patients on Clomiphene are four times more likely to have twins.

## Benefits

The benefits of taking Clomiphene tablets are to encourage or regulate ovulation to achieve a pregnancy.

## Alternatives

Alternatives to Clomiphene tablets are:

- Letrozole tablets
- Gonadotrophin injections
- Intrauterine insemination
- IVF

## Risks

- Ovarian hyperstimulation
- Increased risk of multiple pregnancy
- Failure to conceive.

## Possible side effects:

- Hot flushes are common, as are mood swings and occasional nausea or vomiting.

More rarely, you may experience:

- Rashes
- Dizziness
- Depression
- Painful periods
- Headache
- Weight gain
- Breast tenderness

If you experience problems with vision, pain or swelling in the abdomen or vomiting, the medication should be stopped and medical advice sought. Also should you have any other questions or worries, please feel free to ring the ward and speak to a member of staff.

The starting dose is usually 50mgs a day from day 2 to day 6 of your menstrual cycle (period), day 1 being the first full day of bleeding.

You will be asked to attend for a blood test on day 21 of that cycle to check your progesterone level. This hormone test will inform us whether you have ovulated or not. Some patients with irregular periods may be asked to attend on different days of the cycle to try to determine whether ovulation has occurred.

It may take several days for the progesterone result to be available. Please telephone the nurses at the fertility centre for the result. You will be advised to stay on the same dose of medication or to increase the dose if ovulation has not occurred.

If ovulation has occurred and you are not pregnant, in the next cycle you should take the same dose of Clomiphene and ring the fertility centre for a scan, on or around days 8-10. This will enable us to advise you more effectively when it is best to try for a pregnancy.

Before starting Clomiphene treatment the doctor or nurse will discuss the drugs with you. If you do not understand, or have any concerns, please contact the Assisted Conception Unit for further advice.

Most patients will ovulate following treatment with one or two tablets of Clomiphene a day. Some patients may require higher doses and others may not ovulate at all.

Under these circumstances alternative treatments will be discussed.

Once ovulation has been confirmed it is usual to continue on the same dose for the next six cycles. If a pregnancy has not occurred after six ovulatory cycles you will be asked to see the Consultant.

It is perfectly safe to take Clomiphene for up to 12 months. Although few pregnancies occur after 6 months of treatment

### **Contact telephone numbers**

Fertility Fusion, Wrightington Hospital  
01257 256251 Monday to Friday 8:00am to 4:30pm

Swinley Ward, Royal Albert Edward Infirmary (out of hours or in an emergency)  
01942 822568

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh NHS Foundation Trust  
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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website:

[http://www.wwl.nhs.uk/patient\\_information/leaflets/](http://www.wwl.nhs.uk/patient_information/leaflets/)

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This leaflet is also available in audio, large print, braille and other languages upon request. For more information please ask in department/ward.

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