



## Clomiphene Citrate

Clomiphene Citrate is a drug used to induce ovulation (egg production). It is important to remember that everyone will respond differently and therefore treatment will be planned on an individual basis.

The dose for Clomiphene Citrate is usually 50mg.

It may be necessary to 'follicle track' your cycle during treatment to monitor your response to the drug. If this is necessary you must telephone the Clinical Nurse Specialists on **0121 424 9758** on day 1 of your period to check there is an appointment for the scans before starting to take your Clomiphene.

Scans are usually from day 10 of your cycle on alternate mornings (Mondays, Wednesdays and Fridays) the scans are currently only available at Good Hope Hospital, Second Floor, Fothergill Block B85 7RR.

If you are having periods you should take Clomiphene on day 2 of your cycle for 5 days (day 1 is the first day of your period).

If you are not having periods you should take Norethisterone/Progesterone, following a Negative pregnancy test as directed, this will induce a bleed, you should then take Clomiphene on day 2 of this bleed for 5 days.

It is advisable to have intercourse two to three times per week to ensure a good supply of sperm. Abstinence appears to worsen sperm function.

It may be necessary to have blood taken during your cycle to assess if you are ovulating. If this is necessary, you will be given a request form and you will need to attend either Good Hope Treatment Centre, Heartlands Outpatients or Solihull Outpatients to have the blood sample taken. You should then telephone the CNS to check the results.

### Side Effects

**Some women will experience side effects when taking Clomiphene, these include:**

- Nausea
- Stomach and bowel upset
- Hot flushes
- Bloating
- Headache
- Dizziness
- Mild depression
- Breast discomfort
- Temporary hair thinning
- Very occasionally blurring of vision

## Information for Patients

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If you are concerned about unusual effects of the drug please contact the Clinical Nurse Specialist for information or your GP.

### Contact Details:

**Good Hope Hospital 0121 424 9758**  
**Solihull Hospital 0121 424 5859**

### Risks

Multiple pregnancies are more common when using Clomiphene, the chance of conceiving twins is 7 in every 100 pregnancies, and triplets is 5 in every 1000 pregnancies.

We reserve the right to cancel the treatment cycle to prevent ovarian hyperstimulation and/or a multiple pregnancy. If this happens you will be asked to sign a consent form which advises that you avoid intercourse until your next period starts.

### Benefits

About 80% of women who are not ovulating or only ovulating occasionally will return to a more normal pattern of ovulation when treated with Clomiphene Citrate, and about 33% of these women will become pregnant.

There is a small risk of over-stimulation of the ovaries. Multiple pregnancy is a possibility.

The possibility of failure needs to be considered before embarking on a treatment cycle.

If any part of your treatment is unclear or you need any advice, please ring the Clinical Nurse Specialists, who are available to give you support throughout your care.

### Alternative Treatments

Ovarian drilling may be offered as an alternative treatment if Clomiphene treatment is unsuccessful.

Sometimes Metformin, either alone or in conjunction with Clomiphene treatment is recommended.

### Acupuncture

If you would like more information please contact the Clinical Nurse Specialists wither at Good Hope Hospital 0121 424 9758 or 0121 424 5859.

### Other Helpful Advice

- Take folic acid 400mcg and vitamin D 10 mcg daily whilst trying for a pregnancy or Folic Acid 6 mgs if BMI is greater than 30
- Once pregnant continue with folic acid until week 12
- Eat a healthy diet
- Stop smoking - Male and Female partner
- Limit alcohol intake

### Summary of Treatment

- If you are not having periods take Norethisterone/Progesterone as prescribed following a negative pregnancy test, start taking clomiphene on day 2 of the bleed

## Information for Patients

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- On **day 1** of your cycle ring the Clinical Nurse Specialist to check appointment slot for follicle tracking **0121 424 9758**
- Start Clomiphene on day 2 of your cycle
- Continue Clomiphene for 5 days
- Scans are usually from day 10 of your cycle on alternate mornings (Mondays, Wednesdays and Fridays) the scans are currently only available at Good Hope Hospital, Second Floor, Fothergill Block, B75 7RR
- Intercourse two to three times a week helps the supply of sperm