

Patient Information Leaflet
Clomiphene Citrate
OVULATION INDUCTION

Clomiphene is used for ovarian stimulation in female infertility due to anovulation (e.g., PCO). It works by increasing the production of gonadotrophins by the pituitary which then stimulates the ovary to produce eggs. The dose for Clomiphene Citrate is usually 50mg or 100mg.

It may be necessary to 'follicle track' your cycle during treatment to monitor your response to the drug. If this is necessary it will be arranged through the radiology department of Russells Hall Hospital.

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 Dydrogestrone (Duphaston) 10mg twice daily for 5 days, or Norethisterone 10mg daily, which will induce a bleed, you should then take Clomiphene on day 2 of this bleed for 5 days.

You should plan intercourse between days 10 – 20 of the cycle, this is when ovulation should occur. 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 on day 21 of 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 Russells Hall Hospital pathology lab.

SIDE EFFECTS:

Some women will experience side effects when taking Clomiphene, these are: Nausea, Stomach and bowel upset, Hot flushes, Bloating, Headache, Dizziness, Mild depression, Breast discomfort, Temporary hair thinning, Very rarely blurring of vision

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.

Ovarian Hyperstimulation Syndrome:

This is a very rare complication with clomiphene. It is more common after stimulation of ovaries into superovulation with drugs such as human chorionic gonadotrophin and human menopausal gonadotrophins used for assisted conception. The clinical features include abdominal bloating, nausea, vomiting, abdominal pain, abdominal swelling, breathlessness, reduced urinary output. Please report to health professionals immediately if you develop these symptoms.

IMPORTANT INFORMATION:

It is important to understand that only 6 cycles of Clomiphene is recommended for ovulation induction. There may be a slight increase in the risk of ovarian cancer later in life with prolonged use of Clomiphene (when used for over 12 cycles).

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 40% of these women will become pregnant.

The overall success rate for six cycles of treatment is about 60%, similar to normal fertility.

OTHER HELPFUL ADVICE:

- Take folic acid 400mcg daily whilst trying for a pregnancy
- Once pregnant continue with folic acid until week 12
- Eat a healthy diet
- Stop smoking and limit alcohol intake