

Are there any alternatives?

Depending upon the reasons why Clomiphene did not work for you, we will discuss various other options such as:

- Laparoscopic ovarian diathermy
- Adding Metformin
- Gonadotropin ovulation induction
- IVF

If you have any queries or problems with your treatment at any time please contact Mr. Borase's secretary on 07512877546 or hbsecretary@yahoo.com



A guide to...

Clomiphene citrate

Patient information

Clomiphene citrate

You must have been prescribed medication Clomiphene to induce ovulation i.e. to help you produce and release an egg.

The medication works best if your BMI is within the normal range i.e. 19-25 and any lower or higher will affect its success.

What is Clomiphene?

It's not a hormone treatment. It's a medication that allows you alter internal hormonal balance so that you can ovulate one or sometimes more than one egg, which will help to increase your chance of spontaneous pregnancy. Every individual and their sensitivity to this medication is different and hence to be on safer side, we always start with a small dose and increase the dose if needed to, depending upon your response, which will be closely monitored and any changes to the dose will be made only after discussion with you.

How and when should I take it?

Starting dose is usually a tablet of 50mg, which needs to be taken orally preferably at same time (bedtime is a good idea) from day 2 to day 6 of your cycle (day 1 is the first day of your proper bleeding, hence if you're in doubt, its better to wait until you're certain)

In case where we have increased the dose to 100mg, in which case you will need to take two tablets at the same time. The idea is to take the same dose regularly for 5 days.

During the treatment we want you to maintain the frequency of intercourse on an average every 2-3 days (i.e. 3-4 times a week).

What happens after taking medication?

- If your period starts within 35 days, you need to start the same dose from day 2 of the cycle till day 6 of the cycle. With every cycle, the chance of you getting pregnant increases
- If you don't get a period by day 35, it's a good idea to check if you're pregnant. You can contact your GP to do a pregnancy test or you can do it at home
- If you get pregnant or get a period by day 35, means Clomiphene worked for you and we would guide you as to how many more cycles you can have
- If you don't get pregnant or get a period by day 35, it means that Clomiphene was not effective in the dose we started and we will inform you regarding the increase in the dosage

- In case you haven't got a period, after confirming you are not pregnant, we would like you to take a Provera® 10mg tablet orally once a day for 5 days to induce menses and you can start the modified dose of Clomiphene from day 2 of that cycle

How do I know it is working?

- Your cycles will be more regular
- You will get pregnant
- Blood test will be requested in the 3rd week from the start of treatment to check your response (if the day 21 falls over a weekend, you could do this test on the following Monday. If Monday is a bank holiday, you can do the test on Tuesday. We also want you to make a note of the date blood test was taken and the day you started period after that
- Once you have done the test, please contact Mr. Borase's Secretary on her mobile or email so we could follow the blood test and let you know of further plan as to whether we need to make any changes to the dose or not

What are the side effects and risks?

Clomiphene citrate is a safe and effective medication, which is in the use for more than 3 decades but can cause a wide range of minor side effects, including:

- Blurred vision (tell your doctor as soon as possible if you experience this and **STOP** taking the medication)
- Hot flushes
- Mood swings
- Abdominal pain
- Breast tenderness
- Heavy periods
- Weight gain
- Insomnia
- Spots
- Nausea

As we mentioned before that Clomiphene makes you ovulate one or sometimes more, which means there is about 10% chance of having twins and about 1% or less of having triplets.

Some studies have shown possible association of ovarian cancer with long-term