



FERTILITY TREATMENT PATIENT GUIDE – CLOMIPHENE (CLOMID)

First day of period – Day #1

- 1. On day #3 of cycle – start CLOMIPHENE and take one tablet a day for 5 days.**
- 2. Starting on Day #11 – begin URINE OVULATION (LH) KITS daily until it turns positive. When it does, ovulation (release of the egg), usually occurs the day after.** Call my office or email me to let me know which day the ovulation kit turned positive.
- 3. I will call you back to arrange for a blood test (progesterone level) to be done the following week.** This blood test will let us know if you ovulated and if there are any changes we need to make to the Clomiphene dosage you are taking. The results can not usually be interpreted until the next period comes.
- 4. At the expected time of the next period, if it comes or not, call and let me know.** If the period does come then we will make arrangements for the next cycle of treatment. If it does not then we will do a pregnancy test and hope for a positive result.
- 5. The most fertile time of the cycle (and best time to have sex) is the day the ovulation kit turns positive, the day after (day of ovulation itself), and the day after that (usually day 12 to 15).**
- 6. Keep a calendar and document all important events (day period starts, medication is taken, test turns positive, etc).** Always bring your calendar with you to the office.

CLOMIPHENE – Clomiphene is a relatively safe drug. Its most common side effects, which are usually not too troublesome, are: hot flashes, bloating, breast tenderness, headache and nausea. It can occasionally cause ovarian cysts. There is some controversy concerning the possibility that fertility drugs may increase risk of ovary cancer. Most of the research is reassuring but the concern still remains, especially for patients who have been on medication for long periods of time. Other side effects include possible blurred vision so take care if driving or operating machinery. IF you develop any pain or any changes in your vision call immediately. The chance of getting twins or triplets is approximately 5% - 8%.

LETROZOLE (FEMORA) – This drug which is used for cancer prevention, can also help with ovulation. It is used in a similar manner as Clomiphene, but works better in patients with Polycystic Ovary Syndrome (PCOS).

Always call or come in if you have any questions or concerns.