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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Ovulation Induction with Clomiphene Treatment Fertility Unit



What is Clomiphene and why is it prescribed?

Clomid (clomiphene citrate) is used in women who do not ovulate (produce eggs) regularly each month leading to infertility. Clomid stimulates eggs to develop in the ovaries and be released ready for fertilisation. About 80% of women will respond to this treatment and 40% will conceive. Most women who will ovulate do so during the first three months of treatment. Normally no more than six treatment cycles of Clomid treatment is given and, if pregnancy is not achieved during this time, then other methods of ovulation induction should be considered.

How should this medicine be used?

- Clomid is a tablet taken by mouth.
- Clomid tablets are given for five days, beginning on the second full day of your period (day one is the first full day of bleeding).
- To help you remember, take the tablet around the same time every day.
- Ovulation usually occurs 5 – 12 days after the last Clomid tablet

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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To book your ultrasound scans:

Please contact the Fertility unit on the first day of your period to book your scan (if your period starts on a weekend, then email or telephone on the Monday). Please note scanning is not available at the weekend.

Further advice

- Take Folic acid 400mcg daily to reduce the risk of spina bifida in the baby you do conceive
- Maintain a normal weight and continue to lose weight if you are overweight
- Not to smoke

If you have any further questions please contact:

Fertility Unit – email: asp-tr.asphfertility@nhs.net
01923 723973

What if you have no menstrual cycle?

If you are having very irregular periods or no periods, you will be asked to take progestin (such as Provera) to bring on a period. Then commence the Clomid on the second day after your induced period has started.

When is the optimal time to have intercourse?

The best time to have intercourse is from 5 days after the last Clomid tablet (day 10 in the cycle) every other day for one week; although it is recommended, when trying to achieve a pregnancy, to have regular sexual intercourse 2-3 times per week.

How is the response to treatment monitored?

It is important to confirm that an egg is being produced in response to the treatment and also that you are not producing too many eggs. This will mean having a vaginal ultrasound scan around day 10 of your menstrual cycle. The follicle number, size and rate of growth as well as the endometrial thickness are studied by ultrasound. You will also have a blood test (progesterone levels) a week after positive ovulation (around day

21) to confirm. If you are responding to the clomiphene, there is no need for further monitoring.

As there is a risk of producing too many eggs you should not have unprotected sexual intercourse on your first treatment cycle prior to this scan.

- If you ovulate but do not conceive and menstruation occurs, the same dose of Clomid is repeated in the following cycles.
- Five days after a missed period, a blood or urine test for pregnancy (called beta hCG) can be done. A blood test is more sensitive. A scan is done if the pregnancy test is positive.
- If your pregnancy test is negative, repeat the test in one week to confirm the result. If you are not pregnant, wait for a period and start another cycle of Clomid treatment at the same dose.
- If you are not responding after, then the dose of clomiphene will be increased, and you will be monitored for the following cycle.

Do not increase the dose yourself.

The treatment is for a maximum of 6 cycles. We may decide to shorten the treatment depending on how you respond to the medication.

What should I do if I forget a dose?

Take the missed dose as soon as you remember. However, if it is almost time for the next dose, email or call the fertility unit for additional instructions. Do not take a double dose to make up for a missed one.

What side effects can this medication cause?

Whilst taking the clomiphene tablets, you may experience some mild side effects that include hot flushes, nausea, headaches or dizziness. Rarely abdominal discomfort may occur if your ovaries have over-responded to the clomiphene (ovarian hyperstimulation syndrome – OHSS). If this occurs, please contact your GP or the fertility unit for advice.

You should stop taking the Clomid if you feel that your vision is affected after taking the tablets (this is a rare side effect). If this occurs please contact the Fertility unit for advice.

In the normal menstrual cycle, only one egg develops each month. Clomid may cause more than one egg to mature and this increases the risk of multiple pregnancy to about 1 in 10 in a Clomid cycle. The rate of miscarriage is not increased, nor is the incidence of congenital anomalies.