

Clomifene Citrate Therapy

Clomifene (Clomid) tablets are used to cause ovulation (egg production) in patients who are not ovulating. They may be used in patients who have polycystic ovaries, or in those where the cause of anovulation (not producing eggs) is unknown. Women taking clomifene are five times more likely to have twins.

Benefits: The benefit of taking Clomifene tablet is to encourage ovulation and achieve a pregnancy.

Risks and Side effects: If more than one egg is released there is a chance of conceiving twins or triplets. The risk is about one in ten. Clomifene is generally safe and has been widely used for over 30 years.

The commonest side effects are:

- Hot flushes, mood swings, abdominal discomfort, occasional nausea or vomiting.

More rarely, you may experience:

- Rashes
- Dizziness
- Depression
- Painful periods
- Headache
- Weight gain
- Breast tenderness

If you experience problems with vision, pain or swelling in the abdomen or vomiting, the tablets should be stopped and medical advice sought.

The starting dose is usually 50mgs a day from day 2 to day 6 of your period, day 1 being the day you start to bleed. You are recommended to have sexual intercourse at least twice a week, evenly timed throughout the month.

You will be asked to attend for a blood test on day 21-23 of that cycle to check your progesterone level. This hormone test will inform us whether you have ovulated or not. Some patients with irregular periods may be asked to attend on different days of the cycle to try to determine whether ovulation has occurred. It may take 3-4 days for the progesterone result to be available. Please telephone your consultant's secretary for the result on :

You will be advised to stay on the same dose of medication if ovulation has occurred, or to increase the dose if ovulation has not occurred. You will also be sent a prescription for more tablets if the dose is increased. Most patients will ovulate following treatment with one or two tablets of Clomifene a day. You can restart the tablets again from day 2 if you have had a period and repeat the plan as above. If your period is late you should do a pregnancy test as you may be pregnant.

Once ovulation has been confirmed it is usual to continue on the same dose. If a pregnancy has not occurred after 6 ovulatory cycles you will be asked to see the Consultant. It is safe to take Clomifene for a maximum of 6 months. Some patients may not ovulate at all on Clomifene. Under these circumstances alternative treatments will be discussed.