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## Patient Information Leaflet Clomiphene Citrate/Letrozole for Ovulation Induction (OI)

Clomiphene (Clomid) /Letrozole tablets can induce ovulation (egg production) in patients who are not producing eggs or oligo-ovulation. The most common reason is polycystic ovaries (PCOS). Women taking OI are five times more likely to have twin pregnancies.

### Eligibility

The BMI of the female partner should be less than 35 and a completed semen analysis test for the male partner.

### Benefits

The benefit of taking OI is to encourage ovulation and achieve a pregnancy via the least invasive method. Risks and Side effects: If more than one egg is released, there is a chance of conceiving twins or triplets. The risk of multiple pregnancies is doubled with Clomiphene. It is generally safe and has been widely used for OI.

The most common side effects are -

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

Less common side effects include:

- Rashes
- Dizziness and fatigue
- Depression
- Spotting or irregular menstrual bleeding
- Headaches
- Difficulty in sleeping
- Breast tenderness
- Blurred vision

**If you experience problems with vision, pain or swelling in the abdomen or vomiting, Please stop the medication and seek medical advice.**

### OI Therapy

The starting dose is usually 50mg for Clomiphene and 2.5 mg for Letrozole for 5 days. Start the tablet on day 3 to day 7 of your period (day 1 is the first day when you start to bleed). You are recommended to have sexual intercourse at least twice a week, evenly timed throughout the month.

You will arrange 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.

It may take 3-4 days for the progesterone result to be available. Please telephone your consultant's Secretary via singleton switch board : **01792 205 666** for the result.

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 changed. Most patients will ovulate following treatment. You can restart the tablets again from day 3 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 six ovulatory cycles you will be asked to see the Consultant. It is safe to take Oral OI for a maximum of 6 months. Some patients may not ovulate at all on Clomiphene or Letrozole.

Under these circumstances alternative treatment options will be discussed.