



CLOMIPHENE CITRATE (50mg tablets)

Clomiphene citrate (Clomid, Serophene) is a drug used frequently to induce ovulation. This drug acts on the pituitary gland to release the hormones that induce follicle development within the ovary. The drug is given following a menstrual period starting on days three (3) or five (5) for a total of five (5) days for IUI cycles. Doses may vary, typically the Clomid will come in 50mg tablets, so you may be prescribed to take 1, 2 or 3 tablets daily. It is important to take the dose pill(s) at the same time each day. In some cases, the physician may prescribe Clomid during your IVF stimulation cycle, the dose may vary, so follow your nurses instructions. The dose can also be increased to ensure adequate ovulation. Once you are ovulating, there is no benefit to increasing the dosage.

For IUI cycles

You can expect to ovulate usually 12-14 days after you start clomiphene, or on days 16-19 of your menstrual cycle. Your period should then fall approximately 14 days after ovulation, or as late as cycle days 30-32. If you are later than cycle day 34, call our office for a pregnancy test.

For IVF cycles

You will follow the instructions on your calendar. It is important to take the pill (s) at the same time each day orally. You can take on an empty or full stomach.

Reported side effects of clomiphene are hot flashes, mood swings, breast tenderness, nausea, and headaches. These are not serious and usually go away once the medication is stopped for that cycle. Near the time of ovulation, some women report mild discomfort or "twinges" in their ovaries. In rare circumstances, the ovary may be over stimulated causing abdominal discomfort. If you experience abdominal pain, bloating, or distension, you should call your nurse immediately. Ovarian enlargement will subside after the cycle is discontinued. Patients may also experience blurred vision and spots before the eyes. If these symptoms occur, please report them at once.

Due to the risk of residual cysts on the ovaries following a clomiphene cycle, it is medically necessary to have the ovaries "**checked**" by ultrasound before proceeding with another clomiphene cycle. This is routinely done day one (1) through five (5) of a menstrual cycle.

The incidence of multiple births is only slightly increased with the use of clomiphene. It is reported that over 90% of all deliveries are single births and 5%-8% are twin gestations. There is a less than 1% incidence of triplets or more.