



# ***Clomifene***

***Information for patients***

**Fertility Clinic  
Aberdeen Maternity Hospital**

## ***What does clomifene do?***

Clomifene (Clomid<sup>®</sup>) tablets are the next step in helping you to get pregnant. The tablets increase the amount of hormones produced which causes production and release of an egg.

## ***What can I do to help myself?***

### **Weight**

This treatment is most effective when you are neither overweight nor underweight. There is a dietitian available on request if you have any queries.

### **Folic acid**

The Department of Health recommends that all women who are actively planning a pregnancy take a 400 microgram tablet of folic acid daily. This is to reduce the risk of spina bifida. These tablets are readily available over the counter at any pharmacy.

### **Healthy lifestyle**

Think about how much you drink or smoke – could you cut down? Vitamin supplements are not required if you eat a healthy balanced diet.

## ***Taking the tablets***

The dosage of this drug will be closely monitored by the clinic and you must **NEVER** increase the dosage without direct instruction from us.

- Please take the tablet(s) at the same time every day.
- The initial dose is one tablet (50mg) daily, from **Day 2** of your cycle until **Day 6**.
- If you do not have a cycle then we will take a blood sample to show if your hormones are low enough to start the treatment.

## ***Treatment programme***

### **Day 2**

Start the stated dose of clomifene.

OR

### **Baseline blood test**

Nursing staff will inform you when these results will be available.

If levels low enough you can start clomifene. Class this as Day 2.

### **Day 6**

Last day of taking tablet(s).

## Day 12

Scan of ovaries in your first cycle only. This is done vaginally. It is **essential** to avoid intercourse for 48 hours before your day 12 scan. This is in case you have produced too many eggs by day 12, which could lead to the risk of multiple pregnancy.

## Day 21

Blood sample taken either at your GP surgery or at the clinic **every** cycle.

- This is to measure the amount of the hormone progesterone which confirms if you have ovulated or not.
- If it is picked up in the sample this indicates your fertile period will have been between days 12 to 16.
- If you have not ovulated we will need to arrange for further blood tests.

## ***When do I have intercourse?***

Having intercourse on alternative days during your **fertile period** gives you the best chance of becoming pregnant. Some couples believe that not having intercourse before then will help sperm quality, but this is not so. In fact, if a man does not ejaculate for more than 7 days, the quality of his sperm decreases.



## ***Blood test results***

- Results will be available Tuesdays and Fridays after 10.00 am for all blood tests.
- Once we have found the dose appropriate for you and you are ovulating regularly, we continue to monitor your hormone levels monthly.
- If your day 21 blood test has not shown ovulation, it may need to be repeated. Please be sure to phone for your results promptly to find out if this is necessary.

## ***Advice and support***

We invite both partners to come for a chat about the treatment and to discuss what it means for you. This will take about 30 minutes. Trying for a baby can be stressful and you might find it helpful to talk to someone about how you are feeling. The Fertility Clinic Sisters are available 7 days a week. If you would prefer to see someone not involved in your treatment, you can see our counsellor. You can phone the counsellor direct or ask the Sisters to arrange this for you.

**Jayne Williamson (Counsellor)**

** (01224) 552628 **

## ***Effectiveness of clomifene therapy***

Seventy percent of people taking clomifene should ovulate over a period of 6 months and this will result in a pregnancy rate of 35 to 50%. There is a 6% risk of twins.



## ***Possible side-effects/risks***

- Multiple pregnancy
- Occasionally “hot flushes” may occur
- Very occasional blurring of vision
- Headaches
- Breast tenderness
- Enlargement of ovaries may cause abdominal discomfort which resolves fairly quickly
- Cervical mucus becomes “stickier”
- There have been reports in recent years suggesting a slightly increased risk of ovarian cancer in women who have taken fertility drugs for long periods of time. These reports have not been verified in the most recent studies but if you have any concerns, please feel free to discuss them with the Fertility Clinic staff.

Please let the Fertility Clinic Sisters know if you feel unwell when taking these tablets.

***Contact telephone number***

**Fertility Clinic**

** (01224) 552719 **

**7 days a week**

**8.00am to 4.00pm**

**This leaflet is also available in large print and on computer disk.**

**Other formats and languages can be supplied on request. Please call Quality Development on (01224) 554149 for a copy. Ask for leaflet 0364.**

Feedback from the public helped us to develop this leaflet. If you have any comments or suggestions about how we can improve this leaflet, please let us know.