



Information for
patients and
carers

**Clomifene Citrate
(Clomid)**

What is Clomifene Citrate?

Clomifene Citrate is also known as Clomid. It is a fertility drug (tablet) used in women who do not ovulate regularly. It works by stimulating the development of eggs so they can be released, ready for fertilisation.

How do I take it?

Treatment is given in time with your menstrual cycle. Day one is the first day of menstrual bleeding.

Clomid is commenced on **day two** of the menstrual cycle. You will take this for **five days**. Your nurse or doctor will tell you how many tablets to take per day. It should be taken at the same time every day.

If you forget a tablet then take the missed dose as soon as you remember unless it is close to the time for to next tablet. You should **not** take double doses. Please contact the clinic for advice.

What if I do not have a menstrual cycle?

If you do not have regular periods, you will be asked to perform a pregnancy test.

- If the pregnancy test is **negative** you should take Norethisterone 5mg three times a day for 10 days to induce bleeding. This will be prescribed for you in clinic. On the **second day** of induced bleeding please start taking Clomid as directed above
- If the pregnancy test is positive please inform the clinic staff

How do I check for ovulation?

The best way to check for ovulation is with an ovulation testing kit which you can buy from your local pharmacy.

How is the response to treatment monitored?

We will monitor your first clomid cycle with an ultrasound scan (Follicular tracking scan) and a blood test. This is to confirm that you have responded to the treatment appropriately.

We also want to ensure that you do not over-respond as this would mean that you are at risk of a multiple pregnancy. Multiple pregnancies are high risk pregnancies with an increased chance of complications. If you over-respond, we will advise you **not** to have any further unprotected intercourse and we will contact you to adjust your dosage.

On the first day of your cycle please call to arrange the following tests:

- **Follicular tracking scan:** Please call the ultrasound department on 01772 524616 to arrange this scan. It should be performed between Day 10 to 14 of the menstrual cycle in which you take clomid.
- **Day 21 blood progesterone level:** this can be organised by calling 01772 524146 between 9am – 4pm, Monday – Friday.
- Once you have the dates for the above investigations, please email us on infertility.clinic@lthtr.nhs.uk to inform us of the dates. This is so we can review the results and contact you with further advice in a timely manner.

How often do I need to have sexual intercourse?

The best time to have intercourse is alternate days from Day 10 in the cycle. This ensures that there is enough sperm for you when you ovulate.

Although, it is recommended that you have intercourse 2-3 times per week throughout your cycle when trying to conceive a pregnancy.

What are the side effects of Clomid?

Many women do not have any problems taking Clomid however, as with all drugs there are potential side effects. If you are concerned about any symptoms please contact the clinic, during working hours, or your GP.

Minor Side Effects

- Hot flushes – 1 in 10 women
- Mild abdominal discomfort – 5 in 100 women
- Mild depression or insomnia
- Nausea, vomiting, rashes, headaches, dizziness, blurring of vision, breast discomfort, weight gain, temporary hair thinning, exacerbation of endometriosis, bleeding irregularities - 1-2 in 100 women
- Ovarian cyst – 5 in 100 women

Major Side Effects

- Multiple pregnancy – the incidence of twins is increased to 5 -10 in 100 pregnancies (from 5 in 1000)
- Hyperstimulation – this when the ovaries become enlarged and many large follicles are produced. This leads to abdominal pain and swelling. In severe cases fluid collects in the abdomen and lungs. This is rare but if you are concerned you should contact the gynaecology ward

There is no increased risk of ovarian cancer when Clomid is used for **less than 12 cycles** in a lifetime.

If treatment results in a single pregnancy the rate of miscarriage is not increased nor is the incidence of congenital abnormalities.

Contact Information

Should you require further advice or information please contact:

Fertility Clinic: 01772 524386

Gynaecology Ward: 01772 524231

You can also contact the fertility team on infertility.clinic@lthtr.nhs.uk

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سرى زبانون او ر بڙى اگري آپ کو هي معلومات سمجھنے کے لئے مدد يک ضرورت ہے تو يى چھپيا يمن يبه ابى دست بو يى سکت ہے براے مہر يمان پوے يچھہ يى معلومات

Arabic:

مطبوعه بأ حروف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يرجى أن تطلب آخرى يمكن توفير هذه المعلومات

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