

**Patient  
Information**

# Clomid®

## Introduction

You have been given Clomid® to either improve your egg production or to make you ovulate. It is not hormone treatment but works by helping you produce higher levels of the hormones you need for ovulation.

This medication will work best for you if you are not underweight or significantly overweight.

## When should I take Clomid®?

- Take on day 2 to 6 of your normal cycle – 5 days in total (Day 1 is the first day of your period).
- Take at bedtime, every 24 hours for 5 days.

## The outcome

- If your period comes by day 35, start taking Clomid® again from day 2 of your cycle.
- If this does not happen, take a pregnancy test to check that you are not pregnant, either through your GP or a home testing kit.
- If you are not pregnant, it should be tried again as instructed.
- If you do not have periods, a course of Provera® will be given to stimulate menstruation and then Clomid® started again as before.

## How do I know that Clomid® is working?

Your cycle should settle into a regular pattern. Blood tests will be done to check the level of progesterone around day 21 to 23. The results will be sent to you by your gynaecologist with advice on increasing or decreasing the dose if needed.

## Side effects and risks

Clomid® is a safe medication which has been used for over 30 years. There is a 10% risk of having twins and occasionally, triplets or higher multiple births.

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Department

Gynaecology

Review due

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Side effects do exist; such as headaches, nausea, hot flushes, breast tenderness and fluid retention but most people tolerate the medication well.

You should **stop** taking Clomid® if you get blurred vision or double vision.

Following research, it is recommended that Clomid® should only be used for a maximum of 6 to 12 cycles.

### Alternative treatment

If your consultant feels that you are not responding to Clomid®, you will be offered Gonadotrophin (please ask for leaflet GHPI1085 for more information about this).

### Contact information

If you have any questions, please contact the fertility nurses through Mrs K Reddy's secretary on the number below.

#### Cotswold Fertility Unit

Tel: 0300 422 3128

Monday to Friday 8:00am to 4:00pm

Website: [www.cotswoldfertilityunit.co.uk](http://www.cotswoldfertilityunit.co.uk)

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