



## Ovulation Induction Using Clomid

### What is Clomid and how does it work?

Clomid or Clomiphene Citrate is an oral medication that can be used to stimulate ovulation. It works by blocking estrogen receptors at the hypothalamus, which is an important “hormonal control center” for the body. When this happens, the hypothalamus is stimulated to release follicle stimulating hormone (FSH), and luteinizing hormone (LH) from the pituitary gland. These are the naturally occurring ovarian stimulants that prompt ovulation in a normal cycle.

### Why has my doctor recommended Clomid?

Clomid can be helpful for those trying to get pregnant who have any of the following problems:

- Irregular Ovulation: It is difficult to conceive when a woman’s cycles are so irregular that she can’t be sure when she is ovulating. When effective, the use of Clomid should produce a predictable ovulatory response to allow for timed intercourse.
- “Male Factor” fertility problems: When there is a problem with the semen quality, sometimes your physician may recommend intrauterine insemination to maximize the chance of pregnancy. Clomid can be used to help improve the timing of the inseminations with the woman’s cycle.
- Unexplained Infertility: Clomid has also been shown to be effective in increasing pregnancy rates in young healthy couples that have had an entirely normal fertility evaluation, but still are having trouble getting pregnant.

### How is Clomid prescribed? What can I expect to feel?

- When you first begin your period, call the office so that we may schedule an examination in the next 2-3 days. At your appointment, your doctor will perform a pelvic exam to make sure that you don’t have a pre-existing ovarian cyst, and finalize the timing of your Clomid cycle. Typically you will take one to three tablets a day for five days early in your cycle (cycle days 3-7, 4-8 or 5-9).
- While on medication, some women may notice hot flashes, moodiness, or sleep pattern changes. Most patients experience no side effects at all. Ovulation will typically occur 5-7 days following completion of the Clomid treatment. Because the ovaries are stimulated, you may notice some bloating, or discomfort with intercourse.
- Verifying ovulation may be done in several ways. Your doctor will recommend which method is most appropriate: These methods include basal body temperature testing, LH kit testing, office ultrasound, and blood tests. At your visit, your physician will instruct you as to when to expect ovulation in that cycle, when to time intercourse, and if/when you need to return for a follicle scan/ultrasound to confirm ovulation.

### How will I know if I’m pregnant?

Check a pregnancy test at home, if you do not have your menses within two to three weeks of the expected ovulation. If your period starts, call the office to schedule your next Clomid cycle.

### How many cycles of Clomid should be taken?

This depends on a number of different factors that are specific to each patient. Normally, you will start with a 50 mg dose of Clomid and gradually increase the amount you use each month until ovulation is achieved. It may take several months before you reach your ideal dosage and ovulation is achieved. Your physician can outline an overall fertility plan so that you know the long-term goals, and when additional medications or treatments may be indicated.

### What are the risks of Clomid?

- Hyperstimulation of the ovaries can occur with the use of Clomid. The ovaries become enlarged with multiple follicles. Severe pain or marked swelling of the abdomen should prompt you to call your doctor.
- The chance of twins resulting from Clomid is 5-10%. There is no increased risk of higher order multiples such as triplets.
- Rare side effects include visual changes, reversible hair thinning, dizziness, or hives.
- Clomid cannot be used if you currently have ovarian cysts or liver disease.
- Studies have shown no increase in an infertile woman’s risk of ovarian cancer over the normal population baseline risk of ovarian cancer.