

Clomiphene Citrate Treatment (Clomid)

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

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لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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What is Infertility ?

It is not being able to get pregnant after 1 year of trying or 6 months of trying if a woman is 35 years of age or older or has a diagnosed fertility condition.

What is Clomid ?

Clomiphene Citrate is an ovulation stimulant used in treatment for ovulatory dysfunction and polycystic ovarian syndrome. It is important that you inform the consultant if your medical history has changed or you have started taking any other medications since your initial consultation.

How do I take Clomiphene Citrate?

It is taken for 5 days from; day 2 of your menstrual cycle to day 6.

On your first cycle it is important to ring the answerphone on day 2 of your period to make an appointment for your scan. It may take a day or so for someone to ring you back as there is not a clinic on every day.

The starting dose will vary from 50 milligrams to 100 milligrams daily, this will be as instructed by your Consultant. We normally prescribe 3 cycles at a time – this is to monitor whether the treatment is working. In total we will prescribe 6 cycles.

It is not advisable to have more than 12 treatment cycles in a lifetime. You will get a repeat prescription every 3 months if you do not get pregnant. To do this you will need to ring the fertility answer phone and leave your details and a short message.

Special Instructions:

Any Condition specific danger signals to look out for :

Severe headaches, blurred vision abdominal pain or bloating

Contact information if you are worried about your condition:

- Your own GP –
- E Ward – (01695) 656901/656528 in an emergency
- Leave a message on Fertility phone – 01695 656255
- Accident and Emergency

Other useful telephone numbers/ Contacts:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

Matron.

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have

Infection Control Request

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at

regular intervals and informing staff of areas of concern within the hospital.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands. If in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

On your first cycle you will have an internal (transvaginal) scan mid cycle. Depending on how long your cycle is; For a 28 day cycle you need a scan on day 10, 11 or 12. For a 30 day or longer cycle you will need a scan on day 12, 13 or 14.

Sometimes you may need to have a second scan depending on your response.

It is advisable to have regular intercourse on alternate days from day 12 of your menstrual cycle to day 18

If you respond appropriately on your first cycle we would then advise you to use ovulation kits for the remaining cycles.

Approximately 4 out of 5 women who take Clomiphene do ovulate and of those, approximately one in three become pregnant.

Some of the side effects that have been reported.

- tummy and bowel upset
- breast tenderness
- bloating/ ovarian hyperstimulation
- hot flushes
- temporary hair loss
- dizziness/headaches
- vaginal spotting
- mood swings/anxiety/fatigue

It is important that if you have any history of seizures or fits you inform the Doctor prior to taking clomiphene, as there is a potential increased risk of a seizure occurring.

If you experience any severe headaches or blurred vision, you must stop the medication immediately and seek medical advice.

Another condition that may occur is ovarian hyperstimulation. This is where the ovaries can become enlarged, causing in severe cases;

- abdominal swelling
- shortness of breath
- pleural effusions (fluid on the lungs)
- nausea and vomiting
- decreased urination

It is important to seek urgent medical advice if you experience any of these symptoms.

There is an increased risk of multiple pregnancy (twins, triplets or more) approximately 1 in 20 will be a twin pregnancy.

If you have not had a period after 33 days from starting the tablets, you need to do a pregnancy test.

If it is positive, you need to ring [01695 656256](tel:01695656256) and leave a message on the answer phone (it may take a day or so for someone to get back to you as there is not a clinic every day) so that an appointment can be made for 2 weeks time for an ultrasound scan. If it is negative, wait a further week.

If that test is negative, ring to make an appointment for review.

If you start your period you can, start taking the Clomiphene tablets again assuming you have responded appropriately during your first treatment cycle.

Use of hormonal injections

If you have Polycystic Ovarian Syndrome you may be offered a procedure called ovarian drilling.

This is done under general anesthetic and involves putting small holes in the ovary to aid ovulation. The surgery can assist with ovulation in a limited number of women and can only be done once.

How to get answers and advice

If you have any questions or problems with the treatment, it is advisable to contact the fertility unit or ward at the hospital and speak to the consultant or nurse for advice.

Consultant secretary - [01695 656958](tel:01695656958)

Nurses – Sister Tania Wroe,
Staff Nurse Marion Watterson –

Answerphone: [01695 656256](tel:01695656256) (leave a message and someone will contact you in the next few days)

Emergency contact only : [E Ward – 01695 656901/656526/656528](tel:01695656901)

E mail: Soh-tr.fertility@merseywestlancs.nhs.uk