

Worcester Fertility Clinic Patient information leaflet

Name: Clomiphene Tablets

What is Clomiphene?

Clomiphene is a tablet that has been prescribed to you by your consultant. It is a medication that is taken once a day for 5 days starting on the second of the period.

How Clomiphene works

Clomiphene is used to stimulate your body to release more follicle stimulating hormone (FSH). This then helps the ovaries to produce follicles (eggs) that are mature to release when you ovulate. Clomiphene does not directly stimulate ovulation but it does help your body to restore events that would normally occur surrounding ovulation.

Who benefits

Women whom do not ovulate at all, those whom do not ovulate regularly, those with unexplained infertility as well as those with polycystic ovary syndrome

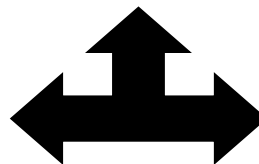
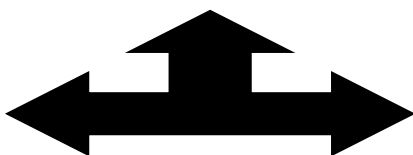
How they are taken

Clomiphene is taken once daily. Initially treatment will start with one tablet a day (50mg). If treatment at this dosage is unsuccessful then your consultant may wish to increase the dosage that you are taking to two or three tablets. Clomiphene is to be commenced on day two of your period for five days. Day one of your period is the first day of your full menstrual bleed

Menstrual Cycle Calendar

Clomiphene

Ultrasound



1	2	3	4	5	6	7	8	9	10	11	12	13	14	

Dosage: _____

Side effects

Around 9% of pregnancies may result in multiple pregnancies. Approximately 99.5% of the multiple pregnancies will be twins. Triplets occur in approximately 1 in 300 pregnancies.

Common side effects include:-

Mood swings, dry cervical mucus, mild ovarian swelling, stomach pain, breast tenderness, insomnia, nausea and vomiting and headaches.

Less common side effects include fatigue, irritability, depression, weight loss, weight gain and in some cases ovarian cysts and loss of hair.

Very rarely blurred vision can occur. If you suffer from this symptom the clomiphene should be stopped and you should notify your consultants' secretary.

Ovarian hyperstimulation occurs in less than 1% of patients.

If you conceive following clomiphene treatment:

- The risk of miscarriage is 25–28 %
- The risk of a congenital abnormality in the baby is 2-3% (the same as if you conceived naturally)

Risk of Ovarian Cancer

It has been shown that there may be a relationship between prolonged usage of Clomiphene (>12 months) and an increased risk of ovarian cancer. There is still some uncertainty however as to a direct link but as a precaution Clomiphene is usually only prescribed for 6 months. Clomiphene can be prescribed for longer periods of time but only after approval and discussion with the medical staff.

Tracking

Whilst you are taking Clomiphene we will want to ensure that your treatment is working and tailored to your body's specific needs. Once you have commenced treatment we will want to scan you between days 9 and 12 of your cycle. This allows us to identify if your ovaries are producing follicles and when you will be ovulating. Every time your dosage changes we will need to scan you between days 9 and 12 of your cycle. If your dosage remains the same then there is no need to return each month for a scan, you can assume that you will be ovulating at the same time every month. After four months on the same dosage and if you are not pregnant, you will be seen in the fertility clinic for review.

Please telephone the follicle tracking voicemail on 01905 733577 on day 1-2 of your period to book your scan. Leave your name and date of birth and the best daytime phone number to call you back with your appointment time and date. If there is availability your scan will be carried out on a Monday, Wednesday or Friday between 08:00-09:00

Following the scan the findings will be discussed and you will be advised when the next scan / appointment will be.

HCG Injections (Pregnyl)

Sometimes it is necessary to have an injection to trigger ovulation whilst using Clomiphene. This injection is prescribed to you to have when the consultant believes the time is right for your egg to be released. These are not necessary for the treatment of all patients.

Blood tests

Following your final scan you will be advised when to have a blood test to measure a hormone (progesterone) to ensure ovulation has taken place.

Intercourse

You will be told at your scan when you will be ovulating and when the best time to have intercourse will be.

What happens when Clomiphene does not work for you?

If after approximately six cycles you find that you are not pregnant, then the consultant in charge of your care may wish to change your treatment. You will be invited to discuss further treatment options and a further plan of care will be made.

Please ensure that you continue to take your folic acid every day whilst trying to conceive.

Patient Services Department

It is important that you speak to the department you have been referred to (see the contacts section) if you have any questions (for example, about medication) before your investigation or procedure.

If you have any concerns about your treatment, you can contact the Patient Services Department on 0300 123 1733. The Patient Services staff will be happy to discuss your concerns and give any help or advice.

If you have a complaint and you want it to be investigated, you should write direct to the Chief Executive at Worcestershire Acute Hospitals NHS Trust, Charles Hastings Way, Worcester WR5 1DD or contact the Patient Services Department for advice.

Please contact Patient Services on 0300 123 1733 if you would like this leaflet in another language or format (such as Braille or easy read).

Bengali

“আপনি যদি এই লিফলেটটি বিকল্প কোনো ভাষায় বা ফরমেটে (যেমন ব্রেইল বা সহজ পাঠ) চান, তাহলে এই নম্বরে 0300 123 1733 প্যাসেন্ট সার্ভিসের সাথে যোগাযোগ করুন।”

Urdu

“اگر آپ کو یہ دستی اشتہار کسی متبادل زبان یا ساخت میں چاہیے (جیسے کہ بریل / ایڑی ریڈ) تو پیشنت سروسز سے 0300 123 1733 پر رابطہ کریں۔”

Portuguese

“Por favor, contacte os Serviços de Apoio ao Paciente através do número 0300 123 1733, caso precise deste folheto numa língua alternativa ou formato (como Braille / fácil de ler).”

Polish

“Jeżeli pragniecie Państwo otrzymać tę broszurę w innym języku lub formacie (Braille / duży druk) proszę skontaktować się z Obsługą Pacjentów pod numerem 0300 123 1733.”

Chinese

“如果您需要此份傳單的其他語言選擇或其他版本 (如盲人點字版/易讀版容易的閱讀),請致電 0300 123 1733 與病患服務處聯繫。”

Comments

We would value your opinion on this leaflet, based on your experience of having this procedure done. Please put any comments in the box below and return them to the Clinical Governance Department, Finance Department, Worcestershire Royal Hospital, Charles Hastings Way, Worcester, WR5 1DD.

Name of leaflet: _____ Date: _____

Comments:

Thank you for your help.