

babies are born very prematurely then there is a risk of long term health problems or handicap. We try to keep the number of multiple pregnancies as low as possible, however it is important that you understand these risks before starting treatment.

Is it safe for the baby if I become pregnant after taking this medication?

Clomid does not adversely affect the future pregnancy.

Other advice:

Weight and lifestyle measures

The single most important factor affecting your treatment outcome is your weight. It is therefore important to ensure that you have a Body Mass Index (BMI) of less than 30. This can be achieved by healthy eating and regular exercise.

Take Folic acid 400mcg daily whilst trying for a pregnancy, once pregnant continue folic acid for a further twelve weeks

Using Metformin Tablets

You may have been prescribed Metformin tablets by your doctor while you are on Clomid, as it may, in selected cases, improve the chances of ovulation. Metformin helps by lowering your insulin levels, but can cause nausea and diarrhoea as side effects. One of the dangers with Metformin is the development of kidney failure

if you become seriously dehydrated. It is therefore very important to ensure adequate fluid intake and avoid excess alcohol intake.

What happens next?

If you are not pregnant after six months of Clomid ovulation induction treatment, your doctor will discuss further treatment

options at your next clinic appointment. These may include the use of drugs such as Gonadotrophin injections or Letrozole, or Surgical treatment such as Laparoscopic ovarian diathermy, or proceeding directly to In vitro Fertilization (IVF) treatment. More information will be given on these treatment options at this visit.

Useful contacts

If you have any urgent queries while taking Clomiphene please contact the secretary on 0121 627-2699 or 0121 627-2706 for advice

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Ovulation Induction with Clomiphene Citrate (Clomid)

Patient Information

Ovulation Induction with Clomid

What is Clomid and why have I been prescribed Clomid?

Clomiphene citrate (Clomid) is one of a group of medicines called anti-oestrogens which are used to treat women who are not ovulating regularly. Clomid has been prescribed to help stimulate your ovaries to produce and release eggs (ovulation).

How does Clomid work?

Clomid increases the production of a hormone known as FSH (Follicle Stimulating Hormone). This is the hormone that stimulates the ovaries to produce eggs. It helps to re-start or encourage regular ovulation.

How do I use Clomid?

Please keep a record of your periods during treatment

If you have had a period recently your doctor may tell you to start the tablets straight away.

If you have not had a period recently your doctor may give you another medicine (Norethisterone 5mg, 1 tablet three times daily for 5 days) to start a period. You can start your Clomid tablets as follows:-

Day 1 First day of proper bleeding

Day 2 Start Clomid 100 mg (2 tablets) daily for 5 days

Day 6 Last day to take Clomid tablets

Please start regular intercourse 2 or 3 times a week from day 8 of your cycle

You will be given a form to have a blood test to check a hormone level around day 21 of your cycle (progesterone) to confirm ovulation. This should be done at the Birmingham Women's Hospital to ensure results are available. If the blood test is done by your GP, please bring a copy of the result to your next appointment

If your period starts, restart the Clomid as before.

If your period doesn't start then

1. Please do a pregnancy test
2. If the test is negative you can take a second course of Norethisterone tablet as described in the first part of this section.
3. Then start Tab Clomid 100mg (2 tablets) from day 2 to day 6 as described previously
4. If after the second course, you still do not have a period, **please do not take any further tables.** We will discuss further treatment at your next hospital visit.

You will usually be given Clomid for three months and a review appointment is arranged after that at the Infertility Clinic.

Are there any side effects?

If side effects occur these are usually mild. These can include – hot flushes, abdominal discomfort, breast tenderness, headaches, dizziness, skin rashes and mood changes. More unusual side effects are visual disturbance or jaundice. If this happens, you should stop the tablets and contact either the Clinic or your GP.

In addition, sometimes there may be rare cases of over stimulation of the ovaries called ovarian hyperstimulation.

What are the chances of success?

Two thirds of women will ovulate on Clomid, and of these, half get pregnant. Most pregnancies will be healthy and located in the uterus (womb). But you still have the same chance of an ectopic pregnancy (pregnancy outside the womb) as other women conceiving naturally, and double the chance of a miscarriage (up to 30%). If you are very overweight, it will lower your chance of getting pregnant and double the miscarriage rate to 60%

Is there a risk of multiple pregnancy?

There is a 10% risk of twin pregnancies with Clomid and 1% risk of triplet

What problems can arise with a multiple pregnancy?

Carrying twins has significant risks, but this is increased further with triplets or more. There is an increased risk of miscarriage or premature labour. If