

## Clomid information



*Obstetrics & Gynaecology*

patient**information**



## Clomid

Please Telephone 01709 427641 on the 1st Day of your Period to book a scan appointment for between 10 and day 14 of your cycle

If you have been asked to have blood taken on day 21 of your cycle please telephone 01709 427641 2 - 3 days later to obtain blood results and information for your next month of Clomid

**By the time you receive this you will have completed your infertility investigations and are now ready to start treatment.**

The medication you have been prescribed is commonly known as Clomid (Clomiphene). The purpose of this medication is to help you to ovulate (by stimulating your ovaries to produce a follicle that contains an egg) which hopefully leads to pregnancy during the treatment course.

### **How do I take clomid?**

Clomid is given in the form of tablets, taken from the second day of your period for 5 days (day 2 to day 6 of your cycle). You will be told the dose of Clomid to take before you start your treatment, which is usually 50mg.

## Clomid

### Are there any side effects?

Clomid is very simple to use and relatively safe. It does not normally have any side effects but some women do experience:

- Hot flushes
- Feel sick
- Breast tenderness
- Dizziness
- Mood swings
- Headache
- Tummy pain or discomfort
- As with all fertility drugs there is a small risk of a multiple pregnancy; about a 12% chance of twins and less than a 1% chance of triplets
- Higher numbers are very rare with clomid
- Very rarely there may be blurred vision, if this happens please stop Clomid and tell us at the clinic

### Your cycle: What happens?

If you have a reasonably regular menstrual cycle you will be asked to start the Clomid on the 2nd day of your period and continue for 5 days (day 2 to 6 of your cycle).

If your cycle is not regular, you will be asked to take a pregnancy test on day 35 of your cycle; if the result is **negative** you will be given a course of Norethisterone 5mg tablets to take twice a day for 5 days. A few days after finishing the course of Norethisterone you should have a period. On the second day of this period you will start the course of Clomid as described above.

A few women do not experience a period after taking the Norethisterone tablets. If after 4 days of finishing the Norethisterone you have not started to bleed, you will be asked to take a pregnancy test. If the result is **negative** then you may start taking the Clomid tablets on the next day (which is classed as day 2 of your cycle).

Your doctor may ask to monitor your response to Clomid by performing an ultrasound examination on day 10 to 14 of your cycle. You will then be told when to have a blood test, usually on day 21 of your cycle. The blood test and scans are to check that ovulation has taken place. Not all women need the scan and blood test. The scan that you will have is known as a transvaginal scan or internal scan. You need to have an empty bladder for this. To book a scan appointment please telephone **01709 427641** when you start taking your Clomid.

## Clomid

### Sexual intercourse

Intercourse two to three times a week helps the supply of sperm. Plan intercourse for around the time of ovulation which is usually between day 12 to 15 of your cycle.

### Polycystic ovary syndrome (PCOS)

If you have been diagnosed with PCOS and have achieved a body mass index (BMI\*) of 35 or below then treatment with Clomid (Clomiphene) may be commenced. The doctor may also prescribe a medication called Metformin. If during tests to check for ovulation it shows you have not ovulated then medical staff may need to discuss further treatment with you such as laparoscopic ovarian diathermy (drilling) or referral for assisted conception such as in-vitro fertilization (IVF) or intrauterine insemination (IUI).

*(\*BMI is a measure of your weight divided by your height squared)*

### Pregnancy

In women who ovulate irregularly, approximately 80% who take Clomid will ovulate and on average about 40% will become pregnant. These numbers apply to women who have taken up to three cycles of Clomid.

If you miss your period and have a positive pregnancy test, please contact the clinic on 01709 427641. We will arrange for you to have a scan when you are approximately 6 to 7 weeks into the pregnancy. You can also arrange this by visiting your GP.

## Clomid

### Further courses of clomid

If you did not ovulate your period should start in which case we may start you on a higher dose of Clomid. This will be decided in advance. If the response is good, you will be able to carry on with the same dose of Clomid and we may not need to monitor your cycles. This can continue for several cycles. An appointment will be sent to you for a formal review after this.

We hope this information has been useful to you. If at any time you are not sure or do not understand please contact the clinic on **01709 427641**.

Please leave your contact details and we will get back to you.

**Thank you and good luck!**







## How to contact us

### Infertility Clinic

Telephone 01709 427641

### Switchboard

Telephone 01709 820000

## Useful contact numbers

### NHS 111 Service

Telephone 111

### Health Info

Telephone 01709 427190

### Stop Smoking Service

Telephone 01709 422444

### A&E

Telephone 01709 424455

### For GP out of hours, contact your surgery

## Useful websites

[www.nhs.uk](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

[www.infertilitynetworkuk.com](http://www.infertilitynetworkuk.com)

## We value your comments

If you have any comments or concerns about the care we have provided please let us know, or alternatively you can write to:

Patient Services

### The Rotherham NHS Foundation Trust

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

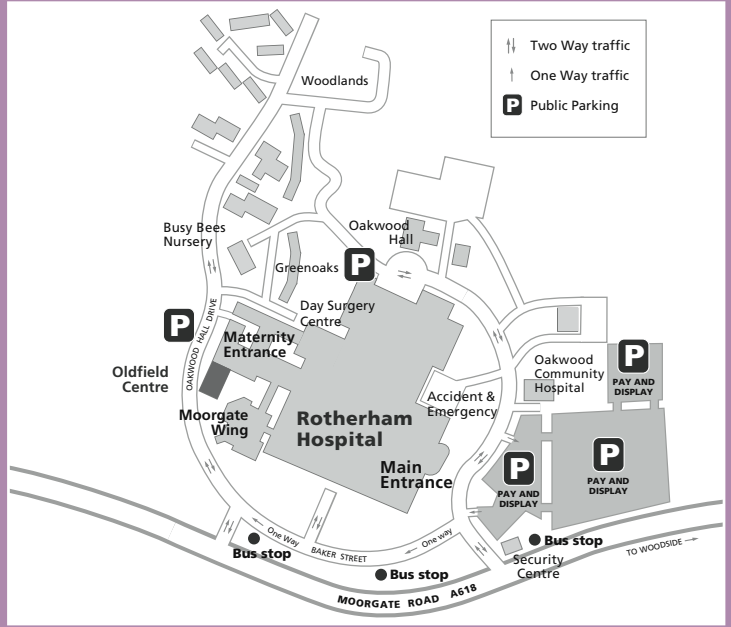
S60 2UD

Telephone 01709 424461

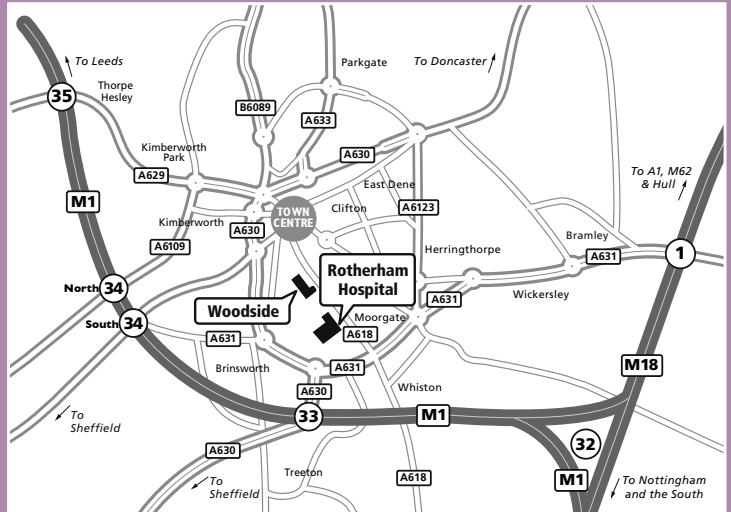
Email [complaints@rothgen.nhs.uk](mailto:complaints@rothgen.nhs.uk)

# How to find us

## Hospital site plan



## Rotherham main routes





LS 622 06/14 V3 Jones & Brooks



The Rotherham **NHS**  
NHS Foundation Trust

**Rotherham Hospital**  
Moorgate Road  
Oakwood  
Rotherham  
S60 2UD

Telephone 01709 820000  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

