



The Rotherham
NHS Foundation Trust

Oral Ovulation Induction Information



Obstetrics & Gynaecology

patient**information**

Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: your.experience@nhs.uk

Slovak

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

کوردی سۆرانی
نه‌گەر تۆ یان کهسێک که تۆ ده‌بناسی پێویستی به‌یارمه‌تی هه‌بێت بۆ نه‌وه‌ی لهم به‌لگه‌نامه‌یه‌ تێبگات یان بیه‌خوێنته‌وه‌، تکلیه‌ به‌یه‌وه‌ندیمان بۆوه‌ بکه‌ له‌سه‌ر نه‌وه‌ ژماره‌یه‌ی سه‌ر دو‌دا یان به‌وه‌ نیه‌مه‌ینه‌.

Arabic

عربي
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اُردو
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی
اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation company **Big Word**.

Big Word can be accessed through the search option on theHub.

Oral Ovulation Induction Information

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.

Oral Ovulation Induction Information

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

Oral Ovulation Induction Information

How to start clomid (if you have a regular cycle)

On the **1st day of your period ring 01709 427641 to arrange an ultra sound scan** (if this falls at the weekend ring on Monday)

Appointment date.....Time.....

On **day 2** start taking Clomid medication continue for **5 days** (days 2,3,4,5 and 6 take the full 5 days even if your period finishes).

Between day 10 and 14 attend for ultra sound scan (as arranged on day 1) this will be an internal scan; you will not need to fill your bladder.

On **day 21 attend for day 21 progesterone blood test** at either your GP surgery, or Rotherham hospital blood room on B10, B Level (ring 01709 424397 to book an appointment) **If day 21 falls at the weekend have the blood test on Monday.**

2-3 days after having blood test ring 01709 427641 for the results and to discuss any changes in dosage of Clomid and further treatment.

Any questions or queries please ring infertility nurse on 01709 427641 or Mr Faraj secretary on 01709 424191.

Oral Ovulation Induction Information

If your menstrual cycle is not regular we will ask you to do a pregnancy test on day 35 of your cycle. If the result is **negative** you will be given a course of Norethisterone to take. A few days after finishing the course of Norethisterone you should start a period. On the 2nd day of this period you should start the Clomid as previously explained. Norethisterone can be prescribed by your GP. If you have any problems ring Mr Faraj secretary on 01709 424191.

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)*

Oral Ovulation Induction Information

Weight management

To help with weight loss/gain you can be referred to weight management programmes via clinic or your GP.

Counselling

This is available if you wish to access this service.

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.

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.

Oral Ovulation Induction Information

Letrozole

Another drug called Letrozole may also be used for ovulation induction as an alternative to Clomid.

Letrozole is taken as a tablet day 2 and day 6 of your menstrual cycle.

Advantages:

Better rates of ovulation success. No adverse effect on lining of womb compared to Clomid. Letrozole associated with more cycles where only one follicle develops, therefore multiple pregnancy rates are lower compared to Clomid.

Side effects:

- Hot flushes
- Occasional fatigue
- Dizziness

Treatment is off licence

Ref: British Fertility Society, Letrozole for Ovulation Induction.

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!

Oral Ovulation Induction Information

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

www.gov.uk

www.therotherhamft.nhs.uk

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 your.experience@nhs.net

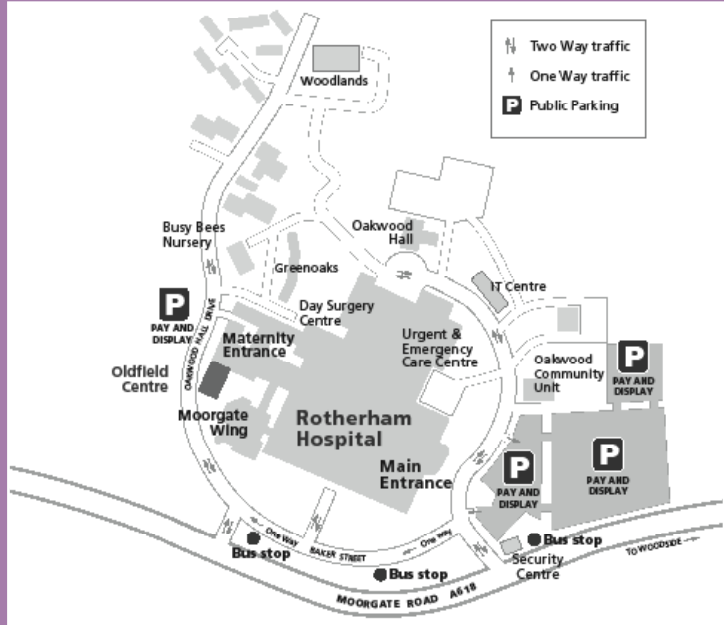
Produced by Mr Faraj, August 2010.

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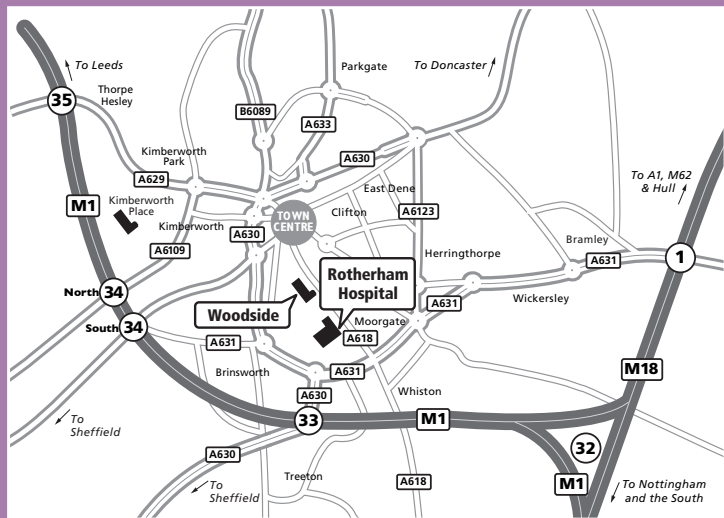
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How to find us

Hospital site plan



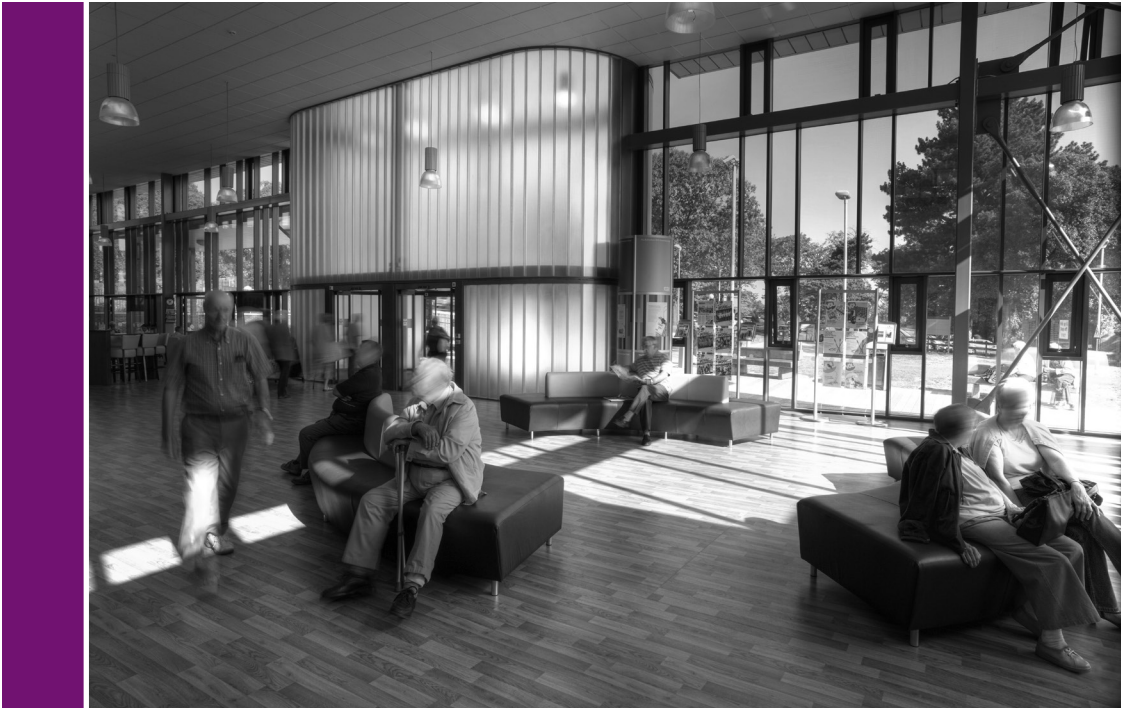
Rotherham main routes





Sustainable Forests / Low chlorine

LG 623 03/19 V3 Jones & Brooks



NHS

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