



## Clomid

### What is Clomid?

Clomid (generic name Clomiphene Citrate) is a medicine used to induce ovulation in women who are anovulatory or to increase the number of eggs at ovulation in ovulatory women. It is helpful in many women who have menstrual irregularities, which is commonly caused by a failure to ovulate.

Clomid works as a selective estrogen receptor modulator. It blocks estrogen receptors in the brain making the brain “think” that the ovaries are not producing estrogen. Therefore, the brain releases more follicle-stimulating hormone (FSH). This hormone acts on the ovaries and causes the ovaries to mature one (or sometimes several) follicle which will then be ovulated.

Your dose of Clomid will be \_\_\_\_\_ tablets daily which is \_\_\_\_\_ mg. You should take your pills at the same time each day for five consecutive days starting on cycle day 3, 4 or 5.

While taking Clomid, you will be closely monitored for your response

Before starting Clomid, you will have blood work and an ultrasound exam to determine if this is a good cycle to start the medication. Women with a high FSH or estradiol level or women with ovarian cysts 2 cm or larger should not take Clomid.

Five days after completing your Clomid, usually on cycle days 12-14, you will have another blood test and ultrasound exam. During this visit, we will assess your response to Clomid. We will determine how many follicles have reached maturity, how close you are to being ready to ovulate and ensure that you have developed an adequate uterine lining while taking Clomid.

### Side Effects

While many women do not have any side effects while taking Clomid, some do. The most common side effects include hot flashes, mood swings, irritability and insomnia. Usually these side effects resolve as soon as you finish taking the Clomid. Very rarely, women develop visual disturbances known as scotomas, which are white spots or stars

in their visual fields. If this occurs, you must stop taking Clomid immediately and notify your doctor.

Clomid increases the chance of pregnancy and is associated with a 5-8% chance of twins. This is more commonly seen in women who produce several mature follicles while taking Clomid. The incidence of triplets or higher order multiples is rare (<1%).

Ovarian hyperstimulation syndrome theoretically can occur if someone develops many (>3) mature follicles while taking Clomid. Monitoring with blood work and an ultrasound exam will enable us to assess if you are at risk for hyperstimulation. Hyperstimulation can be prevented by canceling the treatment cycle.

The incidence of birth defects, stillbirths and miscarriage is not increased by taking Clomid to conceive. The overwhelming weight of evidence does not support any increased risk of ovarian or breast cancer, premature menopause or pregnancy complications by taking Clomid to conceive.