

Information Leaflet

Clomifene Patient Information

What is clomifene?

Clomifene was first introduced to stimulate ovulation in 1961. It is still used as the most effective, first choice fertility drug for the treatment of **anovulation** (failure to ovulate). It acts on the hormone producing (pituitary) gland at the base of the brain, which in turn stimulates the ovary to produce follicles that contain eggs.

What is the dose?

Dosage **50 mgs** (1 tablet) **100mgs** (2 tablets) **150mgs** (3 tablets)

The tablets are taken once a day from Day 2 to Day 6 of the cycle. That is from the second day of a full period to the sixth day of the cycle (a total of 5 days). Your fertile time is likely to be 6 days after the last tablet and will last for 3-4 days.


What happens next?

You will also be asked to do a Clearblue Ovulation urine test to detect the hormone surge (LH) between Day 10 and Day 20, depending on the length of your cycle, this will detect ovulation timing and the efficiency of the Clomifene. The test kits can be purchased in most pharmacies

If pregnancy does not occur then the course is repeated when the next period happens. The treatment is usually reviewed after 3 cycles if you are not pregnant.

What are the possible side effects?

Abdominal discomfort, breast tenderness, mild nausea, skin rashes, dizziness and very rarely, visual blurring and headaches and the CSM has recommended that Clomifene should not normally be used for longer than 6 cycles due to the possible increased risk of ovarian cancer.

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These side effects are not common but do mention them to your Doctor or contact the clinic if you are concerned.

Should you suspect you are pregnant or have a positive test at home please contact your clinic for further advice.

Evidence suggests that anyone who experiences fertility problems have a slightly higher risk of the pregnancy being outside the womb (ectopic pregnancy). It is important to have an early scan after the missed period to check the pregnancy is viable.

Twin pregnancies are more common with fertility drugs. The incidence increases from 1% in normal conception to 5% with Clomifene. **Triplet or Quadruplet** pregnancies do happen but rarely.

The CSM has recommended that Clomifene should not normally be used for longer than 6 cycles due to the (possibly increased risk of ovarian cancer).

Contact with the unit


The phone service to the nursing station is available on 0151 702 4123 between 08.00-16.30 Mon-Friday and 08.15 – 13.15 Saturday.

This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk

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