

Clomifene

What is clomifene?

Clomifene is a fertility drug to stimulate and /or regulate ovulation.

How do I take clomifene?

- The first day of your period is Day 1 of your cycle. Take your clomifene tablets from Day 2 to Day 6, even if your period is longer or shorter than this.
- If you spot for a day or two, ensure that it is a proper period before starting clomifene.
- When you commence your first clomifene cycle ring the Fertility Clinic to book a scan

0118 322 8785

- We will then organise an ultrasound scan between days 10-14 of your cycle.
- Please abstain from sexual intercourse for 24 hours prior to your scan.
- A nurse will see you after your scan to explain the results to you and to plan a progesterone blood test at the appropriate time of your cycle.
- If you have a positive home pregnancy test please ring the clinic to arrange an early pregnancy scan.

What is clomifene prescribed for?

Clomifene is generally prescribed for the following situations:

- Anovulation (irregular or absent cycles).
- Polycystic ovarian syndrome.

What are the possible side effects?

Generally, side effects are mild and not particularly troublesome. However, at higher doses you may experience:

- mood swings
- nausea and vomiting
- breast tenderness
- headache
- blurred vision
- fatigue

If you have any concerns, ring the nurse advice line on 0118 3227286.

Some studies have shown that taking clomifene may increase the long term risk of developing ovarian cancer. Other studies have not confirmed this, but we are not allowed to prescribe more than 12 cycles of treatment.

The main risk of taking clomifene is the 8-10% chance of multiple pregnancy.

The clinic doctors produce a number of information sheets especially for this clinic and update them frequently. You can find some of these sheets on www.royalberkshire.nhs.uk/patient-information-leaflets/ and search under 'F' for Fertility Clinic.

For more information about the Trust visit our website: www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

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