

Letrozole

What is Letrozole?

Letrozole is a fertility drug to stimulate and /or regulate ovulation and is sometimes used as an alternative to Clomifene. Letrozole is an aromatase inhibitor and works by lowering the production of oestrogen. Letrozole has also been shown to be effective at inducing ovulation in fertility patients and may be more effective than Clomifene in certain patients. Treatment may increase the chance of a twin pregnancy.

How do I take Letrozole?

- The first day of your period is Day 1 of your cycle. Take your Letrozole 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 Letrozole.
- When you commence your first Letrozole 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 Letrozole prescribed for?

Letrozole is generally prescribed for the following situations:

- Anovulation (irregular or absent cycles).
- Polycystic ovarian syndrome.
- Poor response to Clomifene.
- Over-response to Clomifene.
- Concerns over a thin womb lining.

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.
- Muscle aches.

Treatment with Letrozole is off-license as the drug company has not applied for a specific license to allow treatment for fertility and is therefore not approved for ovulation induction. However, the use of Letrozole for ovulation induction does appear to be safe and has been in practice for several years.

Talk to your doctor or pharmacist before taking Letrozole:

- If you have a severe kidney disease.
- If you have a severe liver disease.

If you have any concerns, please ring the nurse advice line on **0118 322 7286**.

For further information please go to:

https://britishfertilitysociety.org.uk/downloads/ms_26097.pdf

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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