

Tamoxifen

What is Tamoxifen?

You may have previously taken Clomifene and experienced side effects. Tamoxifen is a mild fertility drug used to stimulate and/ or regulate ovulation.

How do I take Tamoxifen?

- The first day of your period is Day 1 of your cycle. If you often "spot" for a day or more before your period starts properly, the day in which your bleed starts *properly* is the first day of your period.
- Take your tamoxifen tablets, from Day 2 to Day 5 (4 days).
- When you commence your first tamoxifen cycle ring the Fertility Clinic on **0118 322 8785** to book a scan.
- We will arrange a trans-vaginal scan between days 10-14 of your cycle to check your response to the medication.
- Please abstain from sexual intercourse for 24 hours before your scan.
- A nurse will see you after your scan to explain the results to you, and plan a progesterone blood test at the appropriate time of your cycle.
- You will be asked to phone for your progesterone result when a further treatment plan will be discussed.

Does Tamoxifen have any side-effects?

Generally, side effects are very mild. However some women may experience:

- Mood swings
- Nausea
- Headaches

Is there anything else I need to know?

- We would recommend using tamoxifen for up to 6 ovulatory cycles.
- Tamoxifen is licensed for use as a fertility drug but is mainly used to treat breast cancer, so most of the patient information leaflet in the packet of tablets is written from this point of view. It says "You should not become pregnant" while taking tamoxifen – it is meant only for women taking it every single day to treat breast cancer.

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.

Fertility Clinic, October 2018

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