

Home advice for patients who are due to undergo Clomifene (Clomid) treatment

Ali Elfara, Consultant Gynaecologist

© February 2017
James Paget University Hospitals NHS
Foundation Trust
Review Date: February 2020
GY 35 version 1

Clomifene (Clomid) treatment

You have been prescribed a fertility drug called Clomid. The aim is to increase the chances of you producing a mature egg each month and therefore to give you a better chance of getting pregnant. The way Clomid works is quite complicated but essentially it makes your hormones work harder each month and as a result makes your ovaries work harder.

When and how to start?

The dose is normally one or two tablets each day (50-100mg). If you are having periods you should start to take Clomid on day two of your cycle for five days (**day one is the first day of bleeding in your period**). If you are not having periods you should take Norothisterone 10mg daily for five days, which will induce a bleed; you should then take Clomid on the second day of the induced bleed.

When your period begins you must telephone the fertility clinic on 01493 452366 and inform the fertility staff. They will give you a date and time for an ultrasound scan (**should we be able to accommodate you in that cycle**). This is arranged between day 10-15 of your cycle.

Why do I need a scan?

The ultrasound scan is important as we need to find out how well you are responding to treatment. The scan will be in the gynaecology out-patients department fertility clinic and is performed vaginally, so you will need an **EMPTY BLADDER**.

We will explain what the ultrasound scan shows and whether the Clomid treatments are doing what we expected. Sometimes the dose of Clomid needs to be changed but often the scan is satisfactory and you will be advised to continue with the Clomid each month without further scans being necessary.

What are the risks?

Multiple pregnancies are more common when using Clomid. The chance of conceiving twins is seven in every 100 pregnancies, and triplets, is five in every 1000 pregnancies. We reserve the right to cancel the treatment cycle to prevent ovarian hyper-stimulation and/or a multiple pregnancy. If this happens you will be given an appointment to return to the fertility clinic for further advice.

Important information:

It is important to understand that **only 12 cycles of Clomid can be taken during a woman's lifetime** as there may be a slight increase in the risk of ovarian cancer later in life with prolonged use. If you are not pregnant after nine months of treatment we can arrange a follow up appointment.

Side effects

Side effects of Clomid include hot flushes, headaches, breast discomfort, nausea, pelvic bloating, dizziness, mild depression, abdominal distention and temporary hair thinning, but are usually quite minor.

A rare side effect is visual disturbance. If this happens stop treatment and phone the fertility service.

Benefits

About 80% of women who are not ovulating or only ovulating occasionally will return to a more normal pattern of ovulation when treated with Clomid and about 33% of these women will become pregnant. The average success rate for this type of treatment varies from 35-50% per cycle.

The possibility of failure needs to be considered before embarking on a treatment cycle.

If any part of your treatment is unclear or you need any advice, please ring the fertility sister, who is available to give you support throughout your care.

Summary of treatment

- On day one of your cycle phone the infertility clinic to check for an appointment slot for follicle tracking (ultrasound)
- Start Clomid on day two of your cycle (as long as you have not been told otherwise following your call to the clinic (above))
- If you are not having periods take Norethisterone 10mg daily for five days, start taking Clomid on day two of your bleed.
- Continue Clomid for five days (days two to six)
- Scan around day 10-14 of your cycle
- Intercourse two or three times a week helps with the supply of sperm
- Plan intercourse around the time of ovulation.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• Courtesy and respect• A welcoming and positive attitude• Polite, friendly and interested in people• Value and respect people as individuals
So people feel welcome• Attentively kind and helpful• Look out for dignity, privacy & humanity• Attentive, responsive & take time to help• Visible presence of staff to provide care
So people feel cared for | <ul style="list-style-type: none">• Responsive communication• Listen to people & answer their questions• Keep people clearly informed• Involve people
So people feel in control• Effective and professional• Safe, knowledgeable and reassuring• Effective care / services from joined up teams• Organised and timely, looking to improve
So people feel safe |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240