



PATIENT INSTRUCTIONS FOR:
CLOMIPHENE
(Clomid, Serophene)

Clomiphene is a fertility pill that works by blocking the estrogen your body makes naturally from working on the brain. By doing that, it causes the hormones which your pituitary gland uses to stimulate egg production (LH and FSH) to rise and stimulate one or more eggs to grow. This explains the side effects of clomiphene, which includes headaches, mood swings, breast tenderness, abdominal cramping and multiple pregnancies. Twins are not unusual on clomiphene (about 7%) while triplets and beyond are uncommon (1%). The only serious side effect is the appearance of streaks of light in front of your eyes. If you experience this, please stop the medicine and let the doctors know.

We typically give clomiphene daily from days 3-7. If you are delayed, it is OK to start as late as day 5. Day 1 is the first day of your period. Some patients may be instructed to take Estrace/ estradiol 2 mg daily from days 9-15. The clomiphene is started at 1 pill (50mg) a day and increased to 2 to 3 pills a day based on the results of your progesterone blood test.

Most patients will be monitored in by ultrasound and bloodwork. Unless otherwise instructed, please set up an appointment for an ultrasound and bloodwork around day 12 or 13 of your cycle.

One week after the insemination or timed intercourse, please come in for a “third week” **progesterone** blood test. For unmonitored cycles, that means either day 20 or 21, or if you had an insemination, 1 week after the insemination, or the next closest weekday.

We are open early every weekday morning (except major holidays) for ultrasound and bloodwork 6-9 AM. Please make an appointment whenever possible. Please make sure any referrals or precertifications are taken care of in advance. If your insurance permits, we will run the bloodwork in office, and the results will be ready that day if drawn before 10:00 AM.

If your level is less than 15, we will likely increase the clomid dose for the next cycle.

In general, we like to see three good cycles, in which the progesterone level is 15 or higher before moving on the next step. There is some research suggesting that prolonged clomiphene use (> 12 months) may increase your risk of ovarian cancer, so we do want to limit the time you are on it. Otherwise, it is a very safe drug.