

Island Reproductive Services

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Clomiphene Citrate Information Sheet

The generic name of this pill is Clomiphene citrate. Brand names include Clomid and Serophene. It is used most often to induce ovulation in women with irregular menstrual cycles. It comes in 50 mg tablets. The dose varies but is usually between 1-3 tablets per day for 5 consecutive days. The pill usually is started on the 2nd day of your menstrual bleeding. A menstrual period can be induced by your doctor with pills or a shot if necessary.

Clomiphene works by causing your body to think you have less estrogen and so the body makes more FSH (follicle stimulating hormone) in response. FSH causes the development of a follicle and ultimately an egg. As a result, many women will then ovulate (release the egg). If successful, most women will ovulate about 7-10 days after finishing the pills. Sometimes ovulation can be a little delayed. If ovulation does not occur, the dose can be increased or the medication can be changed.

Clomiphene may be used in conjunction with intercourse or intrauterine insemination (IUI). Those treatments can be timed by various methods, including ultrasound and blood monitoring, home ovulation kits, or by having you taking a single injection of a medicine to induce ovulation.

Most women have no side effects when taking the medication. Some common side effects may include temporary hot flashes, vaginal dryness, headaches, or mood changes. Rarely women develop ovarian cysts as a result of overstimulation by the medications. The risk of multiple pregnancies is low: 5-10% for twins and much less than 1% for more than twins. A rare side effect is the development of blurry vision or dots in front of your eyes. This is not known to be harmful but its cause is unknown. If this occurs please let your physician know.

For women who do not ovulate regularly on their own, 80% will eventually ovulate on Clomiphene and if used for 6 months, approximately 50% of women will conceive. For women who do ovulate regularly, this medication may improve your hormone levels and may stimulate your ovary to make an extra egg.

Clomiphene may cause the lining of the uterus to become thin and interfere with proper implantation of a pregnancy. If this is seen on ultrasound, your physician may recommend a different medication. Clomiphene can occasionally alter the quality of the cervical mucus, making it thick and difficult for sperm to penetrate. Intrauterine insemination (IUI) bypasses this problem. Alternatively your physician may recommend a post-coital test. This is a test in the office of your cervical mucus around the time of ovulation after you have had unprotected intercourse.