

CLOMID INSTRUCTIONS

WHY USE IT?

Clomid helps your ovaries to release eggs (ovulate).

HOW TO USE IT?

Clomid is taken as a pill usually starting cycle days 3 or 5. Cycle day 1 is the first day of your period. The dose or duration may be changed to achieve ovulation. Provera (progesterone) may first be used to bring on a period for some patients.

Step 1. Begin Provera 10mg per day for 5 days.

Step 2. Begin Basal Body Temperature Chart on first day of period.

Step 3. Begin Clomid 50mg per day for 5 days, starting CD (cycle day #5).

Step 4. Time intercourse on CD# 12, 14 and 16 initially, once ovulatory cycle documented, time intercourse as instructed.

- Step 5. A. Period begins-repeat step starting with number 2.
B. Period does not begin by CD#35-Take pregnancy test.
1. Negative-start steps again with number 1.
2. Positive-call office for pregnancy confirmation visit.

THINGS TO KNOW

If you get pregnant while using Clomid, your chance of twins is 7%, and triplets are less than 1%. Some studies have suggested the use of "fertility drugs" may increase your risk for ovarian cancers in the future. It is unclear if these drugs increase the risk, or if people who have problems with fertility are prone to develop these cancers. If there is an actual risk, it is very low. If you have a history of liver problems or ovarian cancer, it may be wise to avoid this medication.

SIDE EFFECTS:

- *The most common side effect is hot flashes (20%)
- *Breast tenderness, headaches, nausea, bloating may also occur at different times.
- *Less than 3/1000 people have dryness or loss of hair.
- *Persistent ovarian cysts may form from the use of this medication.
- *Ovarian hyperstimulation syndrome is a rare side effect at low doses.
- *Visual changes like flashes of light or blurring are very rare; if they occur, call our office as you will likely need to stop the medication.