

Clomifene

Clomifene is a medication prescribed to stimulate and /or regulate ovulation in women who have irregular or absent cycles. It is prescribed for women who have polycystic ovarian syndrome.

How do I take clomifene?

- The first day of your period is Day 1 of your cycle. Take your clomifene tablets from Day 2 to Day 6, even if your period is longer or shorter than this. If you spot for a day or two, ensure that it is a proper period before starting clomifene.
- When you commence your first clomifene cycle, ring the Fertility Clinic on **0118 322 8785** to book a scan.
- We will then organise an ultrasound scan between days 10-14 of your cycle to check if the clomiphene is working.
- **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 to plan a progesterone blood test at the appropriate time of your cycle to confirm you have ovulated.
- If you have a positive home pregnancy test, please ring the clinic to arrange an early pregnancy scan.

What are the possible side effects?

Generally, side effects are mild and not particularly troublesome. However, at higher doses you may experience:

- mood swings
- headache
- nausea and vomiting
- blurred vision
- breast tenderness
- fatigue

If you have any concerns, ring the nurse advice line on **0118 322 7286**.

- Some studies have shown that taking clomifene may increase the long-term risk of developing ovarian cancer. We will prescribe a maximum of 12 cycles of treatment.
- The main risk of taking clomifene is the 8-10% chance of multiple pregnancy.

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 the Trust website leaflet catalogue <https://www.royalberkshire.nhs.uk/leaflets-catalogue/> by typing in the leaflet name.

Contact us

Fertility Clinic (to book scan): **0118 322 8785** Nurse advice line: **0118 322 7286**

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Fertility Clinic, September 2016. Amended: September 2022. Next review due: February 2023

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