



## **Clomiphene Citrate Brand names: Clomid or Serophene**

### **What is Clomiphene?**

Clomiphene is a fertility drug that is used to stimulate ovulation in women with infrequent or absent ovulation. It is often used in combination with Intrauterine Insemination (IUI) as a way to regulate and potentially induce multiple ovulations in women with unexplained infertility, or mild endometriosis.

### **How does it work?**

Clomiphene works by causing the pituitary gland in the brain to secrete more FSH (follicle stimulating hormone). The higher level of FSH spurs the development of ovarian follicles – the fluid filled structures in which eggs grow and mature. If the treatment is successful, 5 to 8 days after the last tablet of Clomiphene is taken, the pituitary gland will secrete a large amount of LH (lutening hormone) and you will get an LH surge. The LH surge causes the egg to be released from the follicle in a process called ovulation. When the LH surges, ovulation will occur 24-48 hours later.

**What is the standard dosage?** The starting Clomiphene dosage is 50-100mg for five consecutive days – typically cycle day 3 to 7 (with cycle day 1 being the first day of full menstrual flow). Your dose may be increased by your physician if you have not ovulated. It is taken orally at approximately the same time every day.

**How do I know when I am going to get an LH surge?** The easiest way to detect your LH surge is with an ovulation predictor kit (LH kit). This is a urine test that is done daily beginning a couple days before you expect to ovulate. If you are doing an IUI, an Orientation Session will be scheduled with one of the nurses to review your treatment cycle with you in detail.

**What are the side effects?** Side effects are relatively common but generally mild. They include: hot flashes, mood swings, breast tenderness, bloating, nausea, vomiting, pelvic discomfort, insomnia, constipation, light-headedness, and a change in menstrual flow. If you develop blurred or altered vision, discontinue clomiphene and contact the nurses at the Kelowna Regional Fertility Centre. There is no increased risk of miscarriage in pregnancies conceived with clomiphene therapy. **There is a risks of 8-10% chance of a twin pregnancy and less than 1% chance of triplets.**