Instructions on the Use of Clomiphene

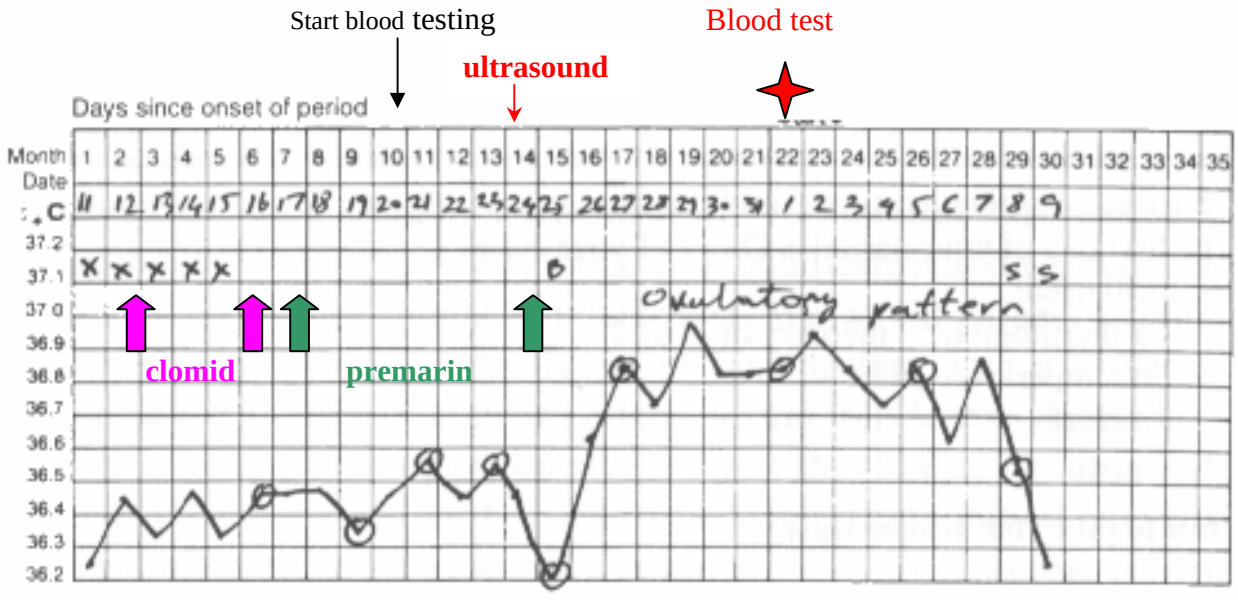
(Clomid or Serophene)

Clomiphene is known as the fertility pill. It is used to promote ovulation (releasing an egg)

- You should take **clomiphene** from day 2 to day 6 your next menstrual cycle and **Premarin** from day 7 to 14.
- You will also need to obtain a ovulation testing kit (eg **clearplan**) to test for ovulation. You should start performing the ovulation test 4 to 5 days after completing the course of Clomid (I will instruct you) and perform this every day until the ovulation test becomes positive. Once the ovulation test becomes positive you may have to come in and have a blood test to confirm the result. I may also ask you to have an ultrasound to assess your ovaries. Once the ovulation test becomes positive this indicates that YOU WILL ovulate in the next 24 hours and therefore you should have sexual intercourse every/other day for the next four days.

negative

positive

- You will also need to have a **blood test approximately one week after the positive ovulation test** to check that you have ovulated.
- If your next period does not come 3 weeks after the urine test, then you should have a pregnancy test to determine if the cycle has been successful or not.

Generally I will review you every month after a period to check your progress. Clomiphene is given for up to 6 ovulatory cycles. If, after a maximum of 6 cycles you have not fallen pregnant, then we shall move on to other treatment options. Often this involves advanced reproductive technique e.g. IVF and you will need to have injections and more complex tests and ultrasound monitoring. I will discuss this with you if this is required.