

Further information

Information on who to contact, ie web sites / telephone numbers of other departments / organisations which may be of help.

How to contact us

Obstetrics and Gynaecology

St Albans City Hospital

West Hertfordshire Hospitals NHS Trust

Waverley Road

St Albans

Hertfordshire

AL3 5PN



**West Hertfordshire
Hospitals**
NHS Trust



A guide to...

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **westherts.pals@nhs.net**



Clomiphene citrate

Patient information

Obstetrics and Gynaecology

Watford General Hospital

Hemel Hempstead Hospital

St Albans City Hospital

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Are there any alternatives?

Depending upon the reasons why Clomiphene did not work for you, we will discuss various other options such as:

- Laparoscopic ovarian diathermy
- Adding Metformin
- Gonadotropin ovulation induction
- IVF

If you have any queries or problems with your treatment at any time please contact Mr. Borase's secretary/ fertility nurse on **01727 897 449** or your consultant's secretary who will contact the appropriate person from the team and will call you back.

- In case you haven't got a period, after confirming you are not pregnant, we would like you to take a Provera® 10mg tablet orally once a day for 5 days to induce menses and you can start the modified dose of Clomiphene from day 2 of that cycle

How do I know it is working?

- Your cycles will be more regular
- You will get pregnant
- Blood test will be requested in the 3rd week from the start of treatment to check your response
- Once you have done the test, please contact Mr. Borase's Secretary, so we could follow the blood test and let you know of further plan as to whether we need to make any changes to the dose or not

What are the side effects and risks?

Clomiphene citrate is a safe and effective medication, which is in the use for more than 3 decades but can cause a wide range of minor side effects, including:

- Blurred vision (tell your doctor as soon as possible if you experience this and STOP taking the medication)
- Hot flushes
- Mood swings
- Abdominal pain
- Breast tenderness
- Heavy periods
- Weight gain
- Insomnia
- Spots
- Nausea

As we mentioned before that Clomiphene makes you ovulate one or sometimes more, which means there is about 10% chance of having twins and about 1% or less of having triplets.

Some studies have shown possible association of ovarian cancer with long-term use of Clomiphene and hence we do not use it for more than 6 cycles in one go.