

ADAMS PATTERSON GYNECOLOGY & OBSTETRICS

A DIVISION OF WOMEN'S CARE CENTER OF MEMPHIS

901-767-3810

www.adamspatterson.com

PATIENT INFORMATION: CLOMID THERAPY

Sometimes women may need to have their ovulation induced when they are having problems conceiving. Clomid is a fertility medication that is used to make a woman ovulate. Generally this medication is started on day 3 or day 5 of the menstrual cycle and is taken daily for 5 days. The initial dose is typically 50mg daily, and may be increased by your physician if ovulation does not occur.

After beginning Clomid, one of 3 things will occur:

1. **Ovulation will occur, but you will not become pregnant.** If this happens, you will have your period by day 27-30 of your cycle. In this case, Clomid *may* be repeated with your next cycle.
2. **Ovulation will occur and you will become pregnant.** If you fail to have a period by day 35 of your cycle, please check a Home Pregnancy Test (HPT). Once you have a positive result, please call the office to schedule an appointment with your physician.
3. **Ovulation did not occur and you are not pregnant.** If you fail to have a period by day 35 of your cycle, please check a HPT. If the test is negative please call the office to speak with a nurse. Your physician may choose to induce your period with a medication called *Provera (please see accompanying information on this medication). During your next cycle, your physician *may* increase your dosage of Clomid if you have failed to ovulate.

Instructions for your calendar:

When your period begins, (this is defined as the **first** day of *any* bleeding or spotting even the smallest amount), mark this on your calendar as "**DAY 1**" of your cycle. Your physician will recommend you begin taking the Clomid on either day 3 or day 5 of your cycle.

YOUR DOCTOR RECOMMENDS THAT YOU BEGIN CLOMID ON CYCLE DAY _____

Follow one of these recommendations as directed by your physician:

- **DAY 3-** Put an asterisk on DAY 3* of your cycle. This will be the day you begin taking the Clomid. Take this medication on days 3, 4, 5, 6, 7. You should ovulate between days 10 and 16 of your cycle. It is important that intercourse occur at this time. Intercourse should take place no more than once a day, and no less than every other day during these cycle days. Next on your calendar mark "DAY 19". During the month(s) that you are taking the Clomid, you must schedule a lab appointment on "DAY 19" of each cycle to have your blood Progesterone level checked. Progesterone is a hormone that is only produced after ovulation has occurred. This blood test will enable your physician to determine if you are on the dosage of Clomid necessary to induce ovulation. If Your "DAY 19" falls on a Saturday, you will need to have your level checked on Friday, "day 18". If it falls on a Sunday, please make your lab appointment for Monday, "day 20".
- **DAY 5-** Put an asterisk on DAY 5* of your cycle. This will be the day you begin taking the Clomid. Take this medication on day 5, 6, 7, 8 and 9. You should ovulate between days 12-17 of your cycle. It is important that intercourse occur at this time. Intercourse should take place no more than once a day, and no less than every other day. Next on your calendar mark "DAY 21". During the month(s) that you are taking the Clomid, you must schedule a lab appointment on "DAY 21" of each cycle to have your blood Progesterone level checked. Progesterone is a hormone that is only produced after ovulation occurs. This blood test will enable your physician to determine if you are on the dosage of Clomid necessary to induce ovulation. If your "DAY 21" falls on Saturday, you will need to have your level checked on Friday, "day 20." If it falls on a Sunday, please make your lab appointment for Monday, "day 22".

Provera to Induce a Menstrual Cycle:

Provera is a form of Progesterone that may be used to help start a period. This medication is given after a missed period in conjunction with a negative pregnancy test. Provera comes in 5 and 10mg tablets and may be given daily for 5-10 days. You should start a period within 3-7 days of completing this medicine. Provera is not prescribed prior to "day 35" of your cycle.

Please Remember:

Clomid is a fertility medication. One side effect is the possibility of multiple births. The probability of having twins while on Clomid is only 8%, (8 women in 100 taking Clomid will become pregnant with twins). While this percentage is relatively low, it does exist. The chance of having more than twins is greater than normal, but fairly rare.

Clomid works by stimulating the ovaries. Although rare, hyper-stimulation of the ovaries can occur causing cysts to form on the ovaries. This is not often serious, but is more common in women who take fertility medications. Please let your physician know if you experience any abnormal pelvic pain.