

Ovulation Induction with Clomiphene/Letrozole Treatment

This treatment is given to patients who are not ovulating (releasing an egg) regularly. About 80% of women will respond to this treatment.

In the normal menstrual cycle, one egg develops and is released each month. For some women this does not happen due to irregularities with hormone production and release. Some medications (Clomiphene, Letrozole) can assist with ovulation by causing production of more Follicle Stimulating Hormone (FSH) by the pituitary gland in the brain.

Clomiphene/Letrozole may cause more than one egg to mature and this increases the risk of multiple pregnancy to about 1 in 10.

If your menstrual cycles are very irregular or you do not usually have periods, you will be given a prescription for Provera/Norethisterone to induce a bleed.

On day 1 of your period:

Contact the ACU on **0208 934 3155** to book a scan appointment. The scan will be scheduled to take place for approximately day 12 of the cycle. If day 1 is over the weekend, please call on the Monday.

The scan is important to confirm that an egg is being produced in response to the treatment and also that you are not producing too many eggs. **Please do not have sexual intercourse until after your scan.**

From day 2-6:

Take one Clomiphene/Letrozole tablet once daily.

Ultrasound scan

You will have a scan around day 12 of your cycle to check for a leading follicle and to check that the endometrium (womb lining) is thickened and healthy. This will be a transvaginal ultrasound scan. You will be asked to empty your bladder on arrival.

If the endometrium or follicle is not ready, we may arrange a further scan. If you are not responding to the treatment we may advise an alternative dose for the next cycle.

Ovulation kits

If a leading follicle is seen, you will be advised to start using home ovulation predictor kits once daily and to have intercourse when the test is positive.

You will be asked to have a blood test **one week** after a **positive** ovulation result to further confirm ovulation has taken place.

If you respond well to the medication, you will not need further monitoring scans in subsequent cycles.

If you **do not** see a positive result within **5 days** of starting ovulation predictor kits, you should contact the unit (using the above details) to arrange a further scan.

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Side effects

Whilst taking the tablets, you may experience some mild side effects that include:

- Hot flushes,
- Nausea,
- Headaches
- Dizziness

Rarely abdominal discomfort may occur if your ovaries have over-responded to the medication. If this occurs, please contact your GP or the ACU for advice.

You must stop taking the medication if you feel that your vision is affected after taking the tablets. If this occurs please contact the Assisted Conception Unit for advice.

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