

For patients undergoing Ovulation Induction with Clomiphene Treatment at Kingston Hospital

This treatment is given to patients who are not ovulating (releasing an egg) regularly.

Clomiphene tablets are given for five days beginning on the second full day of your period (day one is the first full day of bleeding). These tablets cause the pituitary gland in the brain to produce more Follicle Stimulating Hormone (FSH) and hence the ovaries are stimulated to release an egg. About 80% of women will respond to this treatment.

In the normal menstrual cycle, only one egg develops each month. Clomiphene may cause more than one egg to mature and this increases the risk of multiple pregnancy to about 1 in 10 in a clomiphene cycle.

Whilst taking the clomiphene tablets, you may experience some mild side effects that include hot flushes, nausea, headaches or dizziness. Rarely abdominal discomfort may occur if your ovaries have over-responded to the clomiphene. If this occurs, please contact your GP or the ACU for advice. You must stop taking the clomiphene if you feel that your vision is affected after taking the tablets. If this occurs please contact the Assisted Conception Unit for advice.

If you are having very irregular periods or no periods, you will be asked to take norethisterone 5mg for five days to bring on a period.

It 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. This will mean having a vaginal ultrasound scan **around** day 12 of your cycle. You will also have a blood test a week after positive ovulation. If you are responding to the clomiphene, there is no need for further monitoring. As there is a risk of producing too many eggs you should not have unprotected sexual intercourse on your first treatment cycle prior to this scan

If you are not responding after then the dose of clomiphene will be increased and you will be monitored for the following cycle.

To book your ultrasound scans: -

Please ring the ACU on **020 8934 3155** on the first day of your period to book your scan (if your period starts on a weekend, then telephone on the Monday). The ACU is a busy unit and therefore you will need to be flexible on scan appointment times. Please note scanning is not available at the weekend

If necessary, further scans will be arranged at your visit.

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