Ovulation induction involves the use of medication to stimulate development of one or more mature follicles (where eggs develop) in the ovaries of women who have problems with ovulation and infertility. These women do not regularly develop mature follicles without help from medication. Some women with anovulation have a condition known as polycystic ovarian syndrome. These women usually have irregular menstrual cycles, increased body hair and infertility.

Clomiphene citrate® is a common drug used to treat problems with ovulation. This medication works by making the brain cause the release of the hormones FSH (follicle-stimulating hormone) and LH (luteinizing hormone). Those hormones are in charge of developing and releasing the egg.

Side Effects

There may be minor reaction or side effects with the medication, including stomach pain, tenderness of the breast, hot flashes, vision problems, headache, nausea and mood changes. Doctors may prescribe medication or use other methods to ease these complications.

Risks

There are a few risks when using clomiphene citrate. They are more than one pregnancy and over stimulation of the ovary. Usually, twins occur in about five to 10 percent of pregnancies from clomiphene cycles. Triplets or more happen in less than one percent of these cycles. Over stimulation of the ovary means extreme ovarian swelling. About 10 percent of patients have mild to medium discomfort. In very rare cases, over stimulation may require a hospital stay.

There have been reports that the use of this medication for a long period of time may be linked to a higher chance of ovarian cancer. The risk has not yet been proven. For this reason, you will take this medication for only a few cycles. Keep in mind that a history of infertility and an ovulation cycle that is not regular is associated with increasing the risk of cancer in the breast, ovary or uterus.

Instructions

Please follow the instructions listed below:

1. Please see your doctor when you begin your period. This should happen around day 28 to 32 of your cycle. Call our office at (310) 423-9964.

2. Clomiphene citrate is taken by mouth for five days. This usually starts on day two or three of the cycle. The amount is typically started at one or two pills (50 mg each pill) per day. If necessary, your doctor will increase your dosage.

For More Information

For more information about Clomiphene citrate for inducing ovulation or for an appointment, please contact:

Center for Fertility and Reproductive Medicine
Cedars-Sinai Medical Center
Mark Goodson Building
444 S. San Vincente Blvd., Suite 1002
Los Angeles, CA 90048
Phone: (310) 423-9964
Fax: (310) 423-9777
www.cedars-sinai.edu/cfrm

For other general information about healthcare services at Cedars-Sinai, call 1-800-CEDARS-1 (1-800-233-2771), 24 hours a day, seven days a week.
3. To review your response to this medicine, you may be asked to do some simple tests in one or more cycles. These include checking your basal body temperature (BBT), and checking the progesterone blood level between days 22 and 24 of your cycle. Remember that day one of the cycle is the first day of your menstrual bleeding. You may have this blood test done at the Center for Fertility and Reproductive Medicine. The center will also make arrangements for you to have your blood tests done at a satellite blood draw station.

4. Your doctor may also ask you to use an ovulation prediction kit. Although a number of kits are commercially available, we recommend Clear Plan Easy®. Begin testing your urine on day 10 or 11 of your cycle. You may stop after you have a positive result. You should have intercourse on the day of the LH and the next day.