

# Ovulation Induction

With Clomid



Information for Patients and Partners



## What is this leaflet about and who is it for?

This leaflet is produced to tell those women undergoing ovulation induction treatment what is involved.

## Why am I having it?

Women need ovulation induction if they do not produce eggs (ovulate) or they ovulate unreliably. Using tablets or injections stimulates the body's hormones to help the ovary to produce eggs. Women who are overweight and do not ovulate may have raised levels of insulin in their bodies and reducing this insulin by medication may help their ovaries to produce eggs.

## What preparation is needed?

To ensure the best response to treatment and for your safety there is a Body Mass index (BMI) upper limit of 30 prior to starting treatment (BMI = Body Weight in kilograms divided by the person's height in metres squared). If your BMI is over 30 you will be given help and advice to reach the required lower weight before starting treatment.

If you do not have regular periods and if it has been more than 35 days since your last period, we will carry out a pregnancy test. If this is negative, then we will give you tablets to make you have a period before you can start your clomiphene. The tablet is called provera and you take one tablet twice a day for 5 days. Usually within two weeks a period will start, and you commence your clomiphene on day 2 of your cycle.

If you have no period two weeks after provera, ring the clinic and we will arrange another pregnancy test.

## What is the procedure?

You will be prescribed one of two treatments:

**Clomiphene (Clomid) tablets** – these are tablets which stimulates the ovaries to produce eggs. Clomiphene is taken from day 2-6 of your cycle (Day 1 of your cycle is the first day that you start your period). Once you have finished your clomiphene you will hopefully ovulate one week later. You will be asked to come for ultrasound scans from day 10. Once a mature follicle is seen on scan, we will arrange a blood test 7 days later to check whether you have ovulated. You are asked to have sexual intercourse every 2-3 days throughout this time.

## How do I organise my scans?

On the first day of your period, you need to contact Leicester fertility centre on 0116 258 5922 to arrange an ultrasound scan. You will need to inform the staff which treatment you are having.

## What happens next?

A period will start if you are not pregnant about day 28-34 of your cycle.

- If your blood test indicated that you ovulated, then you will be advised to restart your clomiphene on day 2. We will continue for up to 6 months of treatment.
- If your blood test indicated that you did not ovulate, then you will be advised to increase the dose of your clomiphene or to change treatments.

If no period comes after about 38-40 days, then you may carry out a home pregnancy test and contact the unit with the result.

# What side-effects are there?

## Clomiphene

Hot flushes

Double vision –this is rare, but you must contact the clinic if it occurs.

Multiple pregnancy – there is a 15 in 100 chance of twins compared with 2 in 1200 in the normal population.

Ovarian hyperstimulation – this occurs when there are too many follicles produced in the ovary.

Symptoms are:

1. Enlarged painful ovaries which hurt when you sit, bend, or walk.
2. Breathlessness, puffiness of ankles, bloated tummy, weight gain.
3. Persistent headache, dizziness, drowsiness, severe malaise.
4. Reduced urine output.

If you develop any of these symptoms, then you should contact the Fertility Specialist Nurse on 0116 258 5922

## Is there an alternative?

For women who are overweight (BMI greater than 25) losing weight may help your ovaries to respond to treatment. If you do not respond to the tablets, then you may need an operation called laparoscopic ovarian drilling or treatment with hormone injections.

## What follow-up care is available?

If you get pregnant on this treatment, please contact the Fertility Centre to arrange an ultrasound scan.

If you are unsuccessful after 6 months of treatment, then a follow up appointment will be made for you to discuss your next options.

We understand that this is a very difficult time for you emotionally. Should you wish to access any supportive counselling regarding your treatment or your fertility you may contact the counsellors on 0116 258 5922.

## Our commitment to patients

We are constantly striving to improve our services to patients, and we will welcome your comments or suggestions for improvement.

### Leicester Fertility Centre Contact Details

**Tel:** 0116 2585922

**E-mail:** [LFCinfo@uhl-tr.nhs.uk](mailto:LFCinfo@uhl-tr.nhs.uk)

**Website:** [www.leicesterfertilitycentre.org.uk](http://www.leicesterfertilitycentre.org.uk)

### Useful addresses

Human Fertilisation and Embryology Authority: [www.hfea.gov.uk](http://www.hfea.gov.uk)

NICE guidelines: [www.nice.org.uk](http://www.nice.org.uk)

NHS - Response line: [111.nhs.uk](tel:111) / 111

NHS - Smoking helpline: 0300 123 1044

Fertility Network UK: [www.fertilitynetworkuk.org](http://www.fertilitynetworkuk.org) / 0121 323 5025

Do you feel that you are at risk of verbal or physical abuse? If so, you may find the following numbers useful:

Domestic Violence Helpline:

United against violence & abuse (UAVA)

Helpline: 0808 802 0028

Email: [info@uava.org.uk](mailto:info@uava.org.uk)

Text support: 07715 994 962



*This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not be reflected in the guidance and you should discuss this with the clinical staff at the time of your appointment.*







## Today's research is tomorrow's care

We all benefit from research. Leicester's Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP.

**If you need information in a different language or format, please call the number(s) below or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

**0116 258 4382 or 0116 250 2959**