



ROCKY MOUNTAIN FERTILITY CENTER  
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## CLOMIPHENE/ LETROZOLE OUTSIDE MONITORING INFORMATION

### **INDICATION:**

Clomiphene (Serophene, Clomid) or Letrozole (Femara) are a medications that is given orally (by mouth) for 5 days out of each menstrual cycle. It is usually taken on menstrual days 3-7 or as determined by your physician. This medication stimulates the pituitary gland to signal the ovary to produce an egg. Some indications for the use of clomiphene or letrozole include the treatment of patients with prolonged cycles, irregular menses, polycystic ovaries to induce ovulation, unexplained infertility or timing donor inseminations.

### **MONITORING OF CLOMIPHENE CYCLE:**

Different women respond to clomiphene at different rates. The treatment plan starts with clomiphene 50 mg or 100mg daily for 5 days or letrozole 5-10 mg. If adequate ovulation has occurred, you will probably continue the same dosage for 3 cycles prior to further evaluation and moving on to a new treatment plan.

Ultrasound monitoring of follicular development (to watch the eggs grow) will usually start around day 10-14 of your menstrual cycle. (But this will be individualized by your physician when setting up your follicular monitoring plan.) These ultrasounds will continue until the size of the follicle(s) indicate that the egg(s) are mature. At that point, an injection of Ovidrel or HCG will be given to trigger ovulation. A teaching class to learn how to give this injection is given online. Please go to the website [FertilityLifeLines.com](http://FertilityLifeLines.com), then choose the tab medication support and watch the Ovidrel or HCG injection teaching instructions. Ovulation usually occurs 24-40 hours after ovidrel administration. To increase the amount of sperm reaching the egg, an intrauterine insemination (IUI) **MAY** be scheduled for the approximate time of ovulation (24 to 40 hours after hCG injection).

### **Clomiphene/Femara Cycle**

Includes: Interpretation of follicle ultrasounds and a phone call with a treatment plan based on the ultrasound findings for a Clomiphene Citrate/Femara with intercourse or Clomiphene Citrate/Femara with insemination cycle when the ultrasounds are performed outside of our Parker office (Typically this is 3 ultrasound interpretations and 3 phone calls)

**Charge: \$75.00**

### **IUI (INTRAUTERINE INSEMINATION):**

Intrauterine insemination is a procedure that allows the practitioner to deposit sperm directly into the uterus via a small, flexible catheter. It requires that your partner bring in a semen sample. The sample is then processed (it takes 1-1½ hours to process) and concentrated by the laboratory. The insemination procedure usually takes a few minutes. During the procedure you may experience minimal cramping. Afterwards you can resume your normal activity.

### **PRETREATMENT EVALUATION**

Most patients should have an X-ray or ultrasound to check the fallopian tubes, testing to evaluate egg quality and a semen analysis on their partner before proceeding with an insemination. If you need to schedule the semen analysis please call Rocky Mountain Fertility Center to schedule this appointment, we will find the closest lab that performs this test to your home. Please talk to your doctor to see if these tests

are needed.

### **INSTRUCTIONS:**

1. **Call** the office at 303-999-3877 ext 324 with the onset of your menses to schedule a baseline ultrasound with your monitoring doctor. We will fax an order to them or the radiology department. We will also give you the dates for your follow up appointments.
2. **Schedule** all appointments: for your baseline ultrasound and follow up ultrasound. Please try and schedule all of these appointments in the morning if possible to allow more time for us to receive your results.
3. **Call** your insurance company to see if you have Fertility treatment benefits. Check to see if the following CPT codes are covered, so you will know if you need to find out the cost of inseminations at your local doctors office:

### **AFTER YOUR ULTRASOUND AT THE OFFICE:**

We will call you each day you have an ultrasound if you have not heard from us by 3:30 pm please call our office to confirm we received your results.

### **TO SCHEDULE AN INSEMINATION:**

1. **We will arrange the insemination with the closest provider or your OBGYN. Please make sure we have the office contact information to set this up.**
2. For the insemination you must be able to drop off the sample within 45 minutes of collection if you wish to collect the sample at home. Please make sure to get a semen collection cup from the office if your partner plans on collecting at home.

### **POST INSEMINATION INSTRUCTION:**

1. After your insemination you may return to work and normal activity
2. Please avoid drinking alcohol and taking any medications contraindicated in pregnancy
3. Intercourse the evening of the insemination is advised
4. Do a home pregnancy test if you do not start your period within 2 weeks of the insemination and call the office with both positive and negative results.

### **RISKS:**

Clomiphene/ letrozole is associated with a slightly increased risk (5-8%) of multiple pregnancy (more than one baby during pregnancy, *i.e.*, twins, triplets, quadruplets, etc.). There is no evidence of an increased risk of birth defects or miscarriages in women taking clomiphene.

### **SIDE EFFECTS:**

Side effects of clomiphene that may be encountered during the cycle are nausea, irritability, hot flashes, headache, breast tenderness, and mood swings. Occasionally a patient may experience ovarian cyst formation; these cysts will regress on their own. There may be mild midcycle abdominal pain at the time of ovulation--this is normal. Visual changes (*i.e.*, light flashes) are rare (less than 1%) and are temporary, but you should notify us if they occur.

**MAKE SURE YOU HAVE YOUR OVIDREL/ HCG MEDICATION BY CYCLE DAY 10.**