

# Clomid/Serophene Information

*This fact sheet is meant to provide you with basic information about this medicine. As usual, any further questions should be discussed with your doctor or provider.*

## **1. What is Serophene/Clomid?**

It is the brand name for Clomiphene citrate, which is a medicine that has been on the market since the 1960s and introduced in the United States in 1982. Its main use is to help women ovulate (release an egg) or to promote better “quality” ovulation. As such, it is used mostly for infertility and occasionally, in menstrual cycle disorders.

## **2. How does Clomiphene work?**

Ovulation and menstruation are complex processes that require an interaction between hormones in the ovary, pituitary gland, and parts of the brain. An imbalance in these hormones can interfere with ovulation. This imbalance can lead to infertility or miscarriage. Clomiphene may correct the problem by regulating hormone secretion. Between 50-90% of women achieve ovulation with this medicine. Most of the women who ovulated conceived a child in the first 3 to 6 cycles.

## **3. When will I ovulate?**

It may take a couple of months to establish the right dose of the medicine for you. Once you are on the right dose, you should ovulate between 5 and 8 days from the last tablet taken. If you do not conceive, you should expect your menstrual period within 3 weeks of the last tablet.

The best way to check for ovulation is with a urine ovulation kit or occasionally, with ultrasound exams. The kits that we recommend can be found at most pharmacies by the name of “Ovu Quick” or “Q Test”. You should check your urine between 12 noon and 8 PM starting 2 days after your last Clomiphene tablet. Once the test is positive, you should ovulate in 24-36 hours. If the test is negative or there are confusing results, talk to us at the next visit. There is also an electronic urine-based test called the “Clear Plan Easy” fertility monitor which gives you 3 to 4 days advanced warning of your ovulation.

***If you get your menstrual period you should call us in the first two days of your period to set up an appointment to discuss the results and obtain a new prescription.***

## **4. When should I have intercourse?**

You should have intercourse at least every other day beginning the second day after your last Clomiphene tablet for approximately 7 days.

## **5. What are the side effects of Clomiphene?**

First of all, 10% of pregnancies following a Clomiphene cycle are twins and less than 1 % are triplets or more. The most common physical side effects are hot flashes, abdominal discomfort from ovulation, breast tenderness, dizziness, temporary visual changes. Also, changes in menstrual flow are common.

## **6. Is Clomiphene associated with birth defects?**

The percentage of congenital malformations in the children conceived with the help of this medicine is no different from that in the general population.