

Arizona Reproductive Medicine Specialists

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Clomiphene Citrate (Clomid or Serophene)

Description	<p>Clomiphene is a medication used to assist women in achieving pregnancy for the following specific indications:</p> <ol style="list-style-type: none">1) Ovulation Induction – that is to encourage the ovary to produce and release an egg/eggs so they may be fertilized.2) Correct a Luteal Phase Defect – that is to lengthen the second half of your menstrual cycle and help prepare the uterus for pregnancy.
Treatment	<p>Clomiphene is usually taken as an oral tablet at bedtime for 5 consecutive nights, beginning on the third day of each menstrual cycle. The first day of your period is known as the first day of your cycle. (1st day of “full flow”, not spotting). Please inform our office on the first day of your cycle each month.</p> <p>The number of days the clomiphene is taken or the dose of the medication may need to be increased, or other medications may need to be added to maximize the benefit of the clomiphene. Your physician or the nurse will inform you of any changes in your treatment plan.</p>
Risks of Multiple Pregnancy	<p>About 7% of women that get pregnant while taking clomiphene will have multiple pregnancies. Most of these are twins, but greater numbers of fetuses have been reported. Should you become pregnant, an ultrasound will be done early in pregnancy to see if there is more than one fetus.</p> <p>Taking clomiphene does not increase the risk of congenital or genetic fetal abnormalities. Clomiphene may slightly increase the risk of having a miscarriage.</p>
Side Effects	<p>Mild side effects from this medication are common. You may experience hot flashes, nausea, weight gain, abdominal discomfort and rarely, mild visual disturbances. These symptoms are not serious, and usually disappear when you stop the medication.</p> <p>Taking clomiphene will result in ovarian enlargement and occasionally an ovarian cyst will develop. For this reason, an examination of your ovaries should be conducted if you have any lower abdominal pain. If a cyst is present, the clomiphene may need to be discontinued until the cyst resolves.</p>
Who to Contact	<p>For any questions about your treatment or concerns about side effects that you may be experiencing, please contact one of the nurses in the office at 343-2767.</p>