

# **Patient Information - Ovulation Induction with Clomiphene (Clomid) and Follicle Tracking**

## **Ovulation Induction with Clomiphene (Clomid) and Follicle Tracking**

**Patient information leaflet**

**Gynaecology**

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**What is follicle tracking?**

This is an ultrasound which monitors the growth of the follicle which contains the egg and lining of the womb during the treatment cycle. The endometrial thickness is also measured. If you develop 3 or more follicles greater than 14mm in size there is a risk of multiple pregnancy and the cycle will be abandoned.

### **Are there any side effects?**

Side effects of taking Clomid are uncommon. Some women may get hot flushes, mood swings, nausea, breast tenderness, insomnia, increased urination, heavy periods, spots and weight gain. Clomid may also increase the ovarian cancer risk slightly if taken for over a year. Clomid in some women may alter the quality of cervical mucus and may thin the inner lining of the womb.

You may expect headaches, stomach upset and nausea as a result of Clomid treatment side effects. Very rarely you may experience visual disturbances. If you get the visual disturbances, please report this to the team and we may have to stop prescribing this treatment to you in this situation.

### **What is the success rate of taking Clomid?**

Ovulation occurs in 70% of patients. But pregnancy rate is around 20% of patients who ovulate. The risk of multiple pregnancies is 1%.

Please start taking \_\_\_\_\_ Clomid tablet/s ( \_\_\_\_\_ mg ) orally from the **2nd day** of your period for **5 (five) days**.

To book appointments for follicle tracking scans please email the fertility team at [dgntr.fertilityteamdvh@nhs.net](mailto:dgntr.fertilityteamdvh@nhs.net) on **Day 1** of your cycle, the scan will be between days 11-14 of the cycle.

Please note the email address is only monitored Monday – Thursday 8am-4pm.

**If there are no scan appointments available you will be asked to do a Day 21 Progesterone blood test.**

Please attend your scan appointment as per the time and date. At this appointment the doctor/fertility nurse will do an internal scan.

There will **ONLY** be a further scan if you are not ovulating and your dose is adjusted.

If your response is below expectations (no follicles seen on scan with poor womb lining), the doctor/fertility nurse will discuss the way forward with you prior to the next attempt at treatment.

This treatment is indicated as a first line treatment for people not ovulating properly (producing and releasing an egg each month). Clomiphene (Clomid) tablets are

used to indirectly stimulate your ovaries to produce eggs. This is known as ovulation induction.

This is then monitored by ultrasound (follicle tracking) during the treatment cycle to pinpoint ovulation and the correct timing of sexual intercourse.

## **What is Clomid?**

Clomid is a fertility drug used as a first line of treatment for ovulation induction in patients with anovulation (not producing and releasing an egg each month). It indirectly stimulates your ovaries into producing eggs.

## **How to take Clomid**

It is usually given as a 50mg pill once daily taken on days 2-6 of your cycle. Daily doses range from 50mg to 150mg. If the patient has no period or an irregular period, it is essential to do a pregnancy test. If you are not pregnant, you will need to obtain a prescription for Progesterone tablets from your doctor. These will cause withdrawal bleeding. Clomid is then taken on day 2-6 of the withdrawal bleeding. Clomid should not be taken for more than six to eight cycles.

**This leaflet has been developed in partnership with the Patient Information Group and our DGT Patient Partners**

## **Patient Information**

Further patient leaflets are available from the Dartford and Gravesham NHS Trust website: <https://www.dgt.nhs.uk/patients-and-visitors/patient->

[information-leaflets](#) Please ask a member of staff if you require information in another language or format.

## **Complaints, Comments, Concerns and Compliments**

Please speak to the staff in the ward or department caring for you if you have any concerns or questions relating to your care or that of a loved one.

Compliments can be shared by visiting: <https://www.dgt.nhs.uk/contact-us/compliments>

Alternatively, please contact the Patient Advice and Liaison Service (PALS) on 01322 428382 Email: [dgn-tr.PALS@nhs.net](mailto:dgn-tr.PALS@nhs.net)

## **Patient Property**

Please do not bring large sums of money or valuable items into the hospital. Dartford and Gravesham NHS Trust accepts no responsibility for the loss or damage to personal property unless it is handed into Trust staff for safe-keeping.

Dartford and Gravesham NHS Trust operate smoke-free hospitals. This means that smoking is not permitted anywhere on hospital grounds. For help to quit smoking please visit [www.kentcht.nhs.uk/service/one-you-smokefree/](http://www.kentcht.nhs.uk/service/one-you-smokefree/)

Use of alcohol or illicit drugs is not permitted anywhere on the hospital site. For drug and alcohol support please speak to your nurse or doctor or

Visit: [www.changegrowlive.org/westkent/help](http://www.changegrowlive.org/westkent/help)

Call: 0330 128 1113

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