

INSTRUCTIONS FOR OVULATION INDUCTION WITH CLOMIPHENE CITRATE

All instructions are based on the 1st day of your period

- Day 1 is the first day of full bleeding

If you do not have regular periods, we will do a blood or urine test to ensure you are not pregnant.

- If the pregnancy test is negative, then you will receive Provera (10mg daily for 7-10 days) to induce a period.

Following a natural or progesterone-withdrawal period:

- DAY 1 – first day of bleeding
 - DAY 3 TO 7 – take Clomiphene citrate once daily (5 days total)
 - This dose may vary – usual starting dose is 50mg/day
 - DAY 14 TO 20 – Ovulation should occur (most often DAY 14-15)
 - Try to have intercourse every 2nd day between DAY 12 TO DAY 17.
 - If using an ovulation predictor kit, test urine daily starting DAY 11.
 - Once test goes from negative to positive, have intercourse that day and the next day
 - DAY 21 - Blood test (progesterone) to determine if you have ovulated on that dose of clomiphene citrate
 - If unable to do on day 21, go 1 or 2 days later (not earlier)
- If you do not get your period by DAY 35, do a home or lab pregnancy test as per your MD

Your doctor will specify when further communication or follow-up is required: this may include a phone time, email, or office visit to discuss whether you have ovulated on that dose of clomiphene citrate. If you did not ovulate, you may require an increase in the dose of clomiphene citrate.

SIDE EFFECTS OF CLOMIPHENE CITRATE

- Multiple pregnancy (8%)
- Headache
- Nausea & vomiting
- Hot flushes
- Breast tenderness
- Visual changes (ie. blurry vision, double vision, etc)
 - please stop medication & contact your doctor's office if visual changes occur