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## CLOMID INSTRUCTIONS

### WHY USE IT?

Clomid helps your ovaries to release eggs (ovulate).

### HOW TO USE IT?

Clomid is taken as a pill usually on days 5, 6, 7, 8, & 9 of your cycle. Day 1 is the first day of your period. The dose or duration may be changed to achieve ovulation. Provera (progesterone) may first be used to bring on a period for some patients.

The day of ovulation on Clomid is usually between cycle day 14 and 17. Having sexual intercourse at least every other day between cycle day 13 and 18 will improve your chances of becoming pregnant during the Clomid cycle. You may monitor your ovulation using basal body temperature charts or with ovulation kits. If using the ovulation predictor kits, having intercourse the day of the surge and the two days following is recommended.

If you get your period, call when it starts for an appointment with your doctor, so that an exam may be done, and another clomid cycle can be considered if appropriate.

If you do not get a period by day 35 of the cycle, please get a blood pregnancy test. If it is negative, speak to your doctor for instructions to bring on another period and to plan a follow-up appointment.

### THINGS TO KNOW:

If you get pregnant while using Clomid, your chance of twins is 7%, and triplets is less than 1%. Some studies have suggested the use of "fertility drugs" may increase your risk for ovarian cancers in the future. It is unclear if these drugs increase the risk, or people who have problems with fertility are prone for these cancers. If there is an actual risk, it is very low. If you have a history of liver problems or ovarian cancer, it may be wise to avoid this medication.

### SIDE EFFECTS:

- ❖ The most common side effect is hot flashes (20%).
- ❖ Breast tenderness, headaches, nausea, bloating may also occur at different times.
- ❖ Less than 3/1,000 people have dryness or loss of hair.
- ❖ Persistent ovarian cysts may form from the use of this medication.
- ❖ Ovarian hyperstimulation syndrome is a rare side effect at low doses.
- ❖ Visual changes like flashes of light or blurring are very rare; if they occur, call our office as you will likely need to stop the medication.