



## **Taking Clomid (Clomiphene)**

### **What is Clomiphene citrate?**

When a woman is not ovulating regularly, the first of treatment is usually clomiphene citrate, also known as Clomid or Serophene.

### **How does it work?**

Clomid works by blocking estrogen receptors in the brain, tricking the body into thinking it is low in estrogen. In turn, the brain releases follicle stimulating hormone (FSH) to kick start the ovaries, which secretes estrogen. Clomid can be very helpful in women who respond.

### **What dose and when do I take Clomid?**

The usual starting dose is 50 mg, taken for 5 days during the menstrual cycle. The appropriate dose will be determined by your provider during your office visit between days 1 and 4 of your cycle (this will involve a pelvic exam to palpate your ovaries). It may take a couple months to establish the most effective dosage of Clomid. In general, Clomid should not be taken for more than 6 months at a time. The reason being, most women who will get pregnant on it will do so in that time frame.

### **When will I ovulate?**

Once you are taking the proper dose, you should ovulate between 5 and 8 days after the last tablet is taken. You may also use ovulation predictor kits (OPKs) or basal body temperature chart (BBTs) to monitor your ovulation.

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

You should have intercourse at least every other day, beginning the third day after your last tablet.

### **Statistics**

Roughly 2/3 of women will be pregnant within a year. However, it won't work for women who are already low in estrogen (because of anorexia, menopause, or a tumor, for example).

### **What are the chances of multiples?**

About 5-10 % of women who become pregnant on Clomid result in a twin pregnancy. Less than 1% results in triplets or more.

### **What are the common side effects?**

Hot flashes, visual changes, abdominal bloating, and weight gain.