



ROCKY MOUNTAIN FERTILITY CENTER
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CLOMIPHENE/FOLLICULAR MONITORING INFORMATION

INDICATION:

Clomiphene (Serophene, Clomid) is a medication that is given orally (by mouth) for 5 days out of each menstrual cycle. It is usually taken on menstrual days 3-7 or as determined by your physician. This medication stimulates the pituitary gland to signal the ovary to produce an egg. Some indications for the use of clomiphene include the treatment of patients with prolonged cycles, irregular menses, and polycystic ovaries to induce ovulation. Follicular monitoring with clomiphene, HCG, and insemination is utilized for unexplained infertility timing donor inseminations, and timing cycles that are difficult to monitor by LH kit or temperature charts.

MONITORING OF CLOMIPHENE CYCLE:

Different women respond to clomiphene at different rates. The treatment plan starts with clomiphene 50 mg or 100mg daily for 5 days. If there is no evidence of ovulation, the dose of medication increases by 50 mg daily each cycle until ovulation occurs. If adequate ovulation has occurred, you will probably continue that dosage for 3-4 cycles prior to further evaluation.

Prior to starting the Clomiphene Citrate medication a baseline vaginal ultrasound will be needed. This ultrasound will check the ovaries and determine if it is safe to start the Clomiphene medication. Ultrasound monitoring of follicular development (to watch the eggs grow) will usually start around day 10 of your menstrual cycle. (But this will be individualized by your physician when setting up your follicular monitoring plan.) These ultrasounds will continue until the size of the follicle(s) indicate that the egg(s) are mature. At that point, an injection of HCG (Human Chorionic Gonadotropin/ Ovidrel) will be given to trigger ovulation. Prior to this, please go to the website www.freedommedteach.com, then choose the tab medication support and watch/review the Ovidrel/HCG injection teaching instructions. Ovulation usually occurs 24-44 hours after ovidrel or HCG administration. To increase the amount of sperm reaching the egg, an intrauterine insemination (IUI) MAY be scheduled for the approximate time of ovulation (24 to 39 hours after hCG injection).

IUI (INTRAUTERINE INSEMINATION):

Intrauterine insemination is a procedure that allows the practitioner to deposit sperm directly into the uterus via a small, flexible catheter. It requires that your partner bring in or collect a semen sample in the office. The sample is then processed (it takes 1-1½ hours to process) and concentrated by our laboratory. Plan to return to the office between 9:00 and 1:00 pm for the insemination. The insemination procedure usually takes a few minutes. During the procedure you may experience minimal cramping. Afterwards you can resume your normal activity.

POST-INSEMINATION INSTRUCTIONS:

1. If an endometrial biopsy is indicated for one of your cycles, a blood pregnancy test will be

ordered for 9-12 days after your insemination. If this test is negative, the endometrial biopsy will be performed.

2. If you are late with your period (16 days after hCG), call to set up a blood pregnancy test.
3. When your menses begin, please call the office during regular business hours so that the plan for your next cycle can be discussed and reviewed with you.

RISKS:

Clomiphene is associated with a slightly increased risk (5-8%) of multiple pregnancy (more than one baby during pregnancy, *i.e.*, twins, triplets, quadruplets, etc.). There is no evidence of an increased risk of birth defects or miscarriages in women taking clomiphene.

SIDE EFFECTS:

Side effects of clomiphene that may be encountered during the cycle are nausea, irritability, hot flashes, headache, breast tenderness, and mood swings. Occasionally a patient may experience ovarian cyst formation; these cysts will regress on their own. There may be mild midcycle abdominal pain at the time of ovulation--this is normal. Visual changes (*i.e.*, light flashes) are rare (less than 1%) and are temporary, but you should notify us if they occur.

INDIVIDUAL PLAN:

- A. _____ Clomiphene, Ultrasound monitoring, Ovidrel/HCG, intrauterine insemination (IUI)
_____ Clomiphene, Ultrasound monitoring, Ovidrel/HCG, intercourse
- B. Dose _____ tablets daily for 5 days
- C. Start medication day 3 unless instructed otherwise.
- D. With onset of menses and speak to your nurse:
Schedule baseline ultrasound on or prior to CD 3. Call 303-999-3877 to arrange.
- E. **Make sure you have your Ovidrel/HCG medication delivered to you prior to your next ultrasound visit.**
- F. Insemination will be scheduled once the follicles are noted to be mature by ultrasound but typically the insemination occurs between cycle day 10-20.

****If you do not have fertility treatment benefits to cover your intercourse or insemination treatment cycle, the office will collect your discounted package at your first baseline appointment for the cycle. Please confirm the amount due when scheduling your appointment.****