

# Barnet Community Gynaecology Service

All correspondence to the Administrative Hub:  
45-47 Kings Road, London Colney, St Albans, Herts AL2 1ES  
T: 01727 823111 Fax: 01727 822083

Clinics held at: Oak Lodge Medical Centre - Edgware, Wentworth Medical Practice – Finchley,  
Longrove Surgery – Barnet & The Hendon Hospital – Hendon

Mr Pratik Shah MBBS MD MRCOG  
Lead Consultant Gynaecologist

[www.barnetcommunitygynae.org.uk](http://www.barnetcommunitygynae.org.uk)

---

## **Instructions for the use of Clomid**

Clomid is a drug which is used to stimulate ovulation in cases of sub-fertility

### **Section 1**

If Periods are infrequent

- Have a pregnancy test if you have not had a period in the last 40-45 days
- If the pregnancy test is negative you can start Provera tablets. 10mg twice daily for five days. This is to stimulate a period so that you can start to take clomid.
- You will need to wait for five to ten days and you should start to bleed
- If you do not bleed, repeat the pregnancy test. If negative, take the Provera tablets again 10mg twice daily for five days
- If you still do not bleed then book an appointment to return to the gynaecology department by contacting the administrative hub on 01727 823111.

### **Section 2**

The following instructions are for both regular and irregular periods

- On the second day of bleeding start Clomid at 50mg per day for five days
- Have a blood test on the 21<sup>st</sup> day of the cycle (day one is the first day that you bleed). You will be given a request form for the blood test by the doctor in the clinic. This is called Day 21 Progesterone
- One week after your test you should telephone the administrative hub for the result of the blood test
- If the result of your blood test shows that you are not ovulating (have not released an egg) then wait for your next period.
- If your next period does not arrive within 40 days, take a pregnancy test
- If the pregnancy test is negative you may use Provera tablets to start your period (see Section 1)

Repeat section 2, this time using 100mg of Clomid instead of 50mg for five days

If you are still not ovulating after taking 100mg of Clomid then contact the administrative hub for further instructions.

If your Day 21 Progesterone blood test confirms ovulation then carry on with the same dose of Clomid until the prescribed course is finished.

**Side effects**

These can be mild in the form of abdominal discomfort, feeling sick, breast tenderness, headaches and dizziness; or severe in the form of ovarian hyper-stimulation where the ovaries become enlarged and you feel unwell or are getting visual disturbances. If the happens, stop the drug immediately and contact either

- Your GP
- Administrative hub on 01727823111

**Please note**

There is a small risk in falling pregnant with more than one baby.

Clomid should not be used for more than twelve cycles due to the slightly increased risk of ovarian cancer if used for more than 12 cycles.

You can contact the administrative hub on 01727 823111 to make an appointment discuss your concerns or alternatives