



**Preventive Women's Health
Gynecology & Infertility, PLC**

Mark WM Doering, M.D.

Gynecology • Infertility
Endometriosis • Menopause
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Endometrial Ablation

874 Fox Drive
Winchester, VA 22603
(540) 662-0990
(540) 678-8054 fax

Clomiphene Ovulation Induction

Clomiphene (Clomid) is a medication used to help women have monthly ovulations and monthly menses in order to get pregnant. This medication actually doesn't make the patient pregnant, but causes a regular monthly release of an egg from the ovary (ovulation).

Women who are not ovulating usually don't have regular monthly cycles. The exact cause of this ovulation disorder is usually not known.

Clomid acts on the master endocrine gland of the brain, the hypothalamus, to cause another brain endocrine gland, the pituitary, to cause the ovary to work harder and in doing so helps to ovulate. Sometimes this can lead to the ovary ovulating and releasing two eggs in which case a twin pregnancy could occur. The incidence of twin pregnancies on clomid medication is twice the rate of spontaneous twinning in the general population. The incidence of triplets, quads and quintes is extremely rare on clomid. Clomid can also lead to cysts on the ovary which are usually of the non-surgical variety and usually resolve spontaneously once the clomid therapy is stopped. Once the ovarian cyst resolves, the clomid can be restarted.

The start of the menstrual cycle is considered day # one. Clomid is taken once a day for five days, days # 5-9 of this cycle. Ovulation usually occurs on days 16-19, which are the days that the patient should try to conceive. If the next menses occurs, the patient is not pregnant and she restarts the next clomid cycle. If the menses does not occur, the patient may be pregnant and she should wait 2-3 weeks then perform a pregnancy test. If the pregnancy test is negative, ovulation has not occurred on the clomid and she may need to take the medication for a few more cycles. The starting dose of clomid is 50mg days # 5-9 of the cycle (with day number one always being the start of the menses).

Side effects on clomid include; ovarian cysts, hot flashes, breast tenderness, nausea and bloating. Birth defects have not been reported with clomid.