

INSTRUCTIONS FOR TAKING CLOMIPHENE (CLOMID/SEROPHENE) FOR OVULATION INDUCTION:

1. Please call the office on the first day your period begins. You will probably need an ultrasound before starting Clomid. The first day of bleeding which is more than spotting is considered the first day of your cycle.
If your period begins on a weekend call on Monday.
2. If you were advised to do a Basal Body Temperature chart, please send it to us before the end of a cycle.
3. Expect ovulation 5-9 days after the last Clomid dose. Therefore, begin LH testing 3-4 days after the last Clomid dose and continue until a positive result. Please keep records of the exact days you take your medicine and the results of LH testing. These will be important for the Doctor to review before re-prescribing Clomid.
4. Ovulation occurs about 24 hours after the urinary LH surge. Have intercourse on the day of the surge and the day after.
5. You may be asked to do an ultrasound at the time of the LH surge to confirm and measure the follicle.
6. If you are planning an IUI, make sure your partner has done his lab work in advance, and call the office on the day of the surge to schedule an appointment. Your husband will need to be available to provide the semen specimen. Make sure you have picked up a sterile container from the office for the sample.

Remember there is a 5-10% risk of multiple pregnancies with ovulation stimulation by Clomid. Most of these pregnancies are twins.



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