

OVULATION INDUCTION

What is Ovulation Induction?

Ovulation is the release of an egg from the ovary. In most women this occurs monthly but in some women it can occur irregularly or not at all. Ovulation Induction is the process whereby medications are given either orally or as an injection to cause an egg to develop on the ovary and then release. It is used most commonly in women who don't have regular menstrual cycles and who do not release eggs regularly but it can also be used to enhance release of eggs in those ladies who do have regular menstrual cycles.

What is Clomid?

Clomid is the shortened name for Clomiphene Citrate. It is the most common tablet given to facilitate ovulation. It is typically given in the early part of the menstrual cycle.

How does Clomid Work?

Clomiphene Citrate works at the level of the pituitary gland. This gland is located at the base of brain and signals the ovary via hormone to develop, mature, and release eggs. Clomiphene Citrate enhances the hormones released by the pituitary gland resulting in an increase of signalling to the ovary and an increased response by the eggs within the ovary.

What are the Risks?

As Clomiphene works at the level of the pituitary gland there are rare instances of issues with the pituitary gland while taking this medication. Contact your health care provider if you have issues with headaches or visual changes while on this medication. The most significant risk of this medication is the risk of it triggering the release of more than one egg. This has the potential to result in multiple pregnancies. There is generally an 8 to 15% risk of twin pregnancies while on Clomiphene Citrate. To minimise the risk of twin pregnancies, an ultrasound will be performed during your Ovulation Induction cycle. If it appears that more than 2 eggs are forming, abstinence will be advised for the cycle.

How do I take Clomid?

Clomid is generally given in the early menstrual cycle (for example menstrual day 2 to 6). Usually the medication is taken only for these 5 days. The dose is variable but generally started at half to one tablet and increased if needed. An ultrasound is organised within the first 2 weeks of the cycle to assess the response to the medication. Urine testing (ovulation prediction – Seretec Test) can be used to assist in timing intercourse.

Is it Successful?

60% to 80% of ladies who don't ovulate regularly will release eggs with Clomid, although more than one cycle may be needed to achieve an appropriate ovary response. 40-45% of women using Clomid will get pregnant within 6 cycles of use. If pregnancy is not achieved using Clomid, other treatment may be recommended.

Side Effects

Clomid is generally well tolerated. Side effects can include: hot flushes, breast tenderness, mood swings and bloating. Less commonly nausea, dizziness and headaches can occur. Please notify Care Gynaecology if you are experiencing issues with side effects.

What does it Cost?

There is a flat cost of \$250 **per cycle** for Ovulation Induction. This covers education, cycle set up, ultrasound follow up, scripts and laboratory investigations and telephone support. This is billed and payable at the commencement of each cycle and is not claimable through Medicare. Please note that if your ultrasound falls due when Dr. Rasmuson is not available, you will need to attend an external provider at your own expense – our Practice Nurse will assist you in arranging this appointment.

Signature of Patient: Date:

Print Name: