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## **INDUCING OVULATION WITH CLOMID**

In order to help you and your partner to conceive, ovulation must occur. In certain circumstances, you may need help with this. Clomid is a medication that helps induce ovulation. When taken correctly and at the right dose, your chance of pregnancy will be greater.

There are important sequences in taking Clomid that you must know about in order for the medication to work properly:

- A menses may need to be induced before the cycle of Clomid is started. We will give you a medication (Provera or Prometrium) for ten days to induce a menses.
- Two to five days after finishing this medication, a period should start. Sometimes a period will start while you are taking the medication. If so, stop the medicine and count the day you start bleeding as Day #1.
- The first day of bleeding (or the next day if it is after 6 pm) is considered Day #1 of your cycle.
- Clomid is given on Days #5 through #9 (five total pills). This should make you ovulate on Day #14. The exact day of ovulation varies from person to person.
- You should monitor this ovulation by using an Ovulation Predictor Kit on Days #12 - #16. After the first cycle, we may have you monitor for ovulation on other days as well.
- Plan to have intercourse every day from Days #12 - #15. It is also OK to have intercourse during other times as well.

When a call to the office is necessary:

1. If you did not have a period after taking the Provera or Prometrium.
2. If the ovulation predictor kit did not indicate that you ovulated.
3. If a pregnancy test becomes positive.
4. If a period starts after you have taken the Clomid.
5. If, after Day #35, your pregnancy test negative and you have not started a period.

Remember, it may take more than one cycle to achieve a pregnancy. You may need to do multiple cycles to achieve a pregnancy. This medication will only help ovulation. There are other reasons why some couples cannot conceive. Make sure you understand your entire plan with your practitioner.