

Great Valley Ob/Gyn
Instructions for Clomid

Please confirm that you are not pregnant with a urine pregnancy test. If you are not having spontaneous periods, please take Prometrium 200 mg at bedtime for 10 consecutive nights. You should expect to get a period (which may be light or heavy) within about a week of finishing the Prometrium. Please call if you do not have at least some spotting.

The first day of your period is cycle day 1. Take the Clomid (clomiphene citrate) once daily on cycle days 3 through 7. If you have significant pelvic pain during or after taking Clomid, please call the office to arrange for an exam and/or pelvic ultrasound. You will need to use some method of determining whether or not the current dose of Clomid has helped you to ovulate – either basal body temperature charts (BBTs) or ovulation predictor kits which you can get at the pharmacy. If you are not found to be ovulating on the starting dose of Clomid, the dose will be increased by 50 mg increments to a maximum of 200 mg. If you do not ovulate with a 200 mg dose or if you do not conceive after trying for 4-6 ovulatory cycles, we will refer you to a reproductive endocrinologist for additional help, most likely with other medications.

If you are using BBT charts, please mail, drop off, or fax them to your physician (610-280-1569) so she may review them to determine what dose of Clomid should be used for the next cycle (if you have not yet conceived). If you do not get a period by cycle day 34, please do a pregnancy test. If negative, we will use Prometrium as described above, and then repeat the Clomid.

The most fertile time of your cycle is the week before ovulation until about 24 hours after ovulation. It is recommended that you have intercourse no more than every other night during that time span.

If you do not get a period and your pregnancy test is positive, congratulations! Please call the office (610-280-3636) to schedule an initial OB appointment for 8 weeks after your last menstrual period.