

Taking Clomifene or Tamoxifen Tablets

The first day of your period is called DAY 1 of your cycle.

On DAY 2, you start to take your Clomifene (CLOMID) or Tamoxifen for 5 days i.e. from DAY 2 to DAY 6 of your cycle.

Please have your blood test on DAY 21 of your cycle. Make sure that you have written the date of your last period (LMP) on blood card. If DAY 21 falls on a Saturday have the blood test on the Friday and if it falls on the Sunday have the test on the Monday. You may attend either North Wing or South Wing for this blood test. The laboratories are open Monday to Friday between 9am – 4pm.

You should expect to see your next period shortly after DAY 28 if you have not conceived. If the period comes, take your next course of Clomifene or Tamoxifen again starting on DAY 2 of your cycle, you may be advised to increase the dose depending on your test result.

You may be asked by your doctor to come in for an ultrasound scan on day 12 to 14 of your cycle. If this is the case please telephone 01234 795936 soon after your period starts to arrange this. If you become pregnant please call this number to arrange a scan in the early pregnancy assessment unit (EPAU).

Possible Side Effects

Side effects with Clomifene or Tamoxifen do sometimes occur but are rarely serious. Of course, the main effect of Clomifene or Tamoxifen is to induce ovulation and occasionally more than one egg may be released. The chance of having twins is about 10%.

Some uncommon but unpleasant side effects can include headaches, hot flushes and abdominal discomfort especially at time of ovulation. Also, occasional nausea, vomiting, breast tenderness, weight gain, rashes, dizziness, hair loss, intermenstrual spotting or heavy periods and endometriosis, have been known and vary rarely depression or insomnia. It is unlikely that you will experience any of these. Only serious side effects such as convulsions or visual disturbances require you to immediately stop taking the tablets. If in doubt, consult your doctor.

Should you have any questions or concerns please telephone the gynaecology clinic from Monday to Thursday, 9 am to 5 pm or Friday, 9 am to 1 pm on 01234 792007.