

Name: _____

Date: _____



Instructions For Taking Clomiphene

Starting Clomiphene (Clomid® or Serophene®)

Start taking clomiphene on cycle day _____ & continue taking for _____ days.

Note: Day 1 of your cycle is the first day of bleeding (not spotting).

Your Dosage

___ 1 pill (50 mg)

___ 2 pills (100 mg)

___ 3 pills (150 mg)

___ 4 pills (200 mg)

___ other: _____

These pills are to be taken at the same time.

At the onset of your menstrual cycle schedule an ultrasound for Day 11 – 13.***

APPOINTMENT DATE & TIME: _____

Why? This is to check follicle size and number. If you have a mature follicle you will be given an injection of HCG to start the ovulation process.

***** If your menstrual cycle starts on Saturday or Sunday, please call on MONDAY to schedule your ultrasound.**

The Following Day – After the HCG injection, you will need to have either:

_____ Post coital test (Please have intercourse 4 – 12 hours prior to your appointment.)

If the result of this test is not good, you may need an intra-uterine insemination (IUI) the next day.

_____ Intra-uterine insemination (IUI) the two consecutive days following the HCG injection.

Please make sure you have an appointment for either one of these procedures and have the necessary items: sperm cup and sperm medium if you live more than 35 minutes away.

Progesterone Support - Starting 5 days from the HCG injection.

Your dose is: ___ Prometrium 200 mg. Insert vaginally at night.

___ Progesterone suppositories _____ mg. Insert vaginally at night.

___ Progesterone injections _____ cc. Inject: ___ every other day OR ___ daily.

Progesterone is a hormone that is produced by the ovary primarily during the second half of the menstrual cycle. The progesterone prescribed will have the same chemical structure as the hormone made by the ovaries. This natural type of hormone has not been associated with congenital anomalies. The FDA does not approve progesterone (for treatment of infertility) but it is used by almost every fertility center worldwide for this purpose. Note: Progesterone treatment can prolong your cycle and maintain your temperature elevation without your being pregnant.

Progesterone will be prescribed in on of three ways:

1. As a suppository that you insert into the vagina at bedtime.
2. As a capsule, Prometrium, also inserted into the vagina at bedtime. (Note: the capsule may come out but do not worry, the hormone has been released)
3. Or as an injection that needs to be given intra-muscularly.

Please inform us if you have allergies to peanuts as peanut oil may be used in the progesterone injections.

CALL **607.797.7070** WITH ANY QUESTIONS