



Caring Hearts, Healing Hands

LARAMIE PHYSICIANS FOR WOMEN AND CHILDREN

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WOMEN'S HEALTH

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PEDIATRICS

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Clomid Instructions

Why do I need it?

- To help your ovaries release eggs (ovulate)

How do I use it?

- Clomid is a pill usually taken on days 3 through 7 of your cycle.; day 1 is considered the first day of bright red bleeding of your period
- The ovulation period on Clomid is usually between day 14 and 17
- Having sexual intercourse every other day between day 13 and 18 will improve pregnancy chances
- Monitor ovulation using body temperature charts or ovulation prediction kits
- If you do not get a period by day 35, you may need a blood pregnancy test. If it is negative, you may need to speak with your medical provider to bring on another period

What are the side effects?

- Hot flashes
- Breast tenderness, nausea, bloating, headaches
- Pelvic cramps
- Ovarian cysts
- Visual changes like flashes of light or blurring (rare)

If you have other questions regarding the Clomid or would like to schedule an appointment, please call our office at **(307) 745-8991**.