

Clomiphene

Medication Information Leaflet

What is this medication for?

Clomiphene is used as a fertility medication in some women who are unable to become pregnant. They work by changing the hormone balance of the body, causing ovulation to occur and thus prepares the body for conception.

How should I take/use this medication?

- Take this medication only as directed by your doctor.
- This medication is usually taken when you start having your full flow menstruation and after obtaining a negative pregnancy test.
- Take for 5 days (normally from Day 2 to Day 6 of menstruation), preferably at the same time each day.
- You can take this medication with or without food. However, if you experience any stomach discomfort after taking the medication on an empty stomach, take it after food.

What should I do if I forget to take/use this medication?

If you forget to take a dose, take it as soon as you remember. Then take your next dose at the usual time. Do not take two doses to make up for the missed dose.

What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You are pregnant or breastfeeding (ensure negative urine pregnancy test before taking this medication)
- You have or ever had liver disease
- You have hormone dependent tumour or abnormal uterine bleeding
- You have an ovarian cyst (except polycystic ovary)
- You are taking any other medications, including supplements, traditional medications and herbal remedies.

What are some common side-effects of this medication?

- Bloating, nausea and/or vomiting
 - Take the medication after food to reduce these side effects
- Hot flushes
 - Wear loose fitting clothes or go to areas with air-conditioning
- Dizziness/light-headedness and tiredness
 - Avoid activities that require mental alertness and avoid using heavy machineries.
- Headache, muscle aches or joint pains
 - You may take paracetamol to relieve such symptoms.

What are some rare but serious side-effects that I need to seek medical advice immediately?

Rare but serious side effects include blood clot formation. However, blood clot formation is rare and the doctor would have evaluated and weighed its benefits over risks before making the recommendation.

The symptoms of blood clot include one or more of the following

- Any unusual sudden cough, breathlessness or difficulty in breathing
- Severe pain in the chest which may reach the left arm
- Severe pain in legs or swelling in either of your legs
- Weakness or numbness in any part of your body
- Change in your speech, including slurring of words
- Change in your senses of hearing, smell or taste
- Vision changes such as loss of vision/ blurred vision/ spots/ flashes

Other rare but serious side effects that you may or may not experience

- Dark urine or light coloured stools, nausea, vomiting, loss of appetite, stomach pain, yellowing of your eyes or skin
- Ovaries get more stimulated, which can cause very bad stomach pain
- Sudden and severe headaches

The symptoms of a drug allergy include one or more of the following

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

How should I store this medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore. The content does not reflect drug availability and supply information in pharmacies and healthcare institutions. You are advised to check with the respective institutions for such information.

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