How to Take Clomid

Clomid (clomiphene citrate) is a medicine used to help increase your fertility or your ability to become pregnant. This medicine works by stimulating hormones that support the growth and release of an egg to get pregnant.

How to take Clomid

1. Count the first day of your period as Day 1 of your menstrual cycle.

2. Chart your basal body temperature (BBT). Read the handout on Basal Body Temperature. Record this temperature on the Basal Body Temperature Chart.

3. Your doctor will tell you what day to start:  (check one box)
   - Day 3 of your cycle
   - Day 5 of your cycle

Take ____ tablets each day for 5 days.

4. You and your partner should have intercourse at least every other day from Day 10 to Day 16 of your cycle.

5. Your doctor may order a blood test called a progesterone level on Day 21 of your cycle. The progesterone level helps your doctor to know if the medicine worked.

For your health

- This medicine is often used for up to 6 menstrual cycles. Talk with your health care provider about how long to take this medicine.

- Taking Clomid increases your risk of having multiple births, such as twins or triplets.

If you miss a dose of medicine

Call the doctor’s office. Do not double the dose to catch up unless told to do so by your doctor.

When to seek medical care

Call your doctor right away if you have any of these serious side effects:

- Severe, lower stomach pain
- Nausea or vomiting
- Rapid weight gain
- Blurred vision

Contact with your doctor about these less serious side effects:

- Hot flashes
- Breast tenderness
- Dizziness
- Nervousness or trouble sleeping
- Headache
- Stomach pain and bloating
- Mood changes

Talk to your doctor or health care team if you have any questions about your care.

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