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Clomid (Clomiphene)

Clomid is a brand-name prescription medication containing the active ingredient clomiphene citrate. It belongs to a class of drugs called selective estrogen receptor modulators (SERMs) and is primarily used to treat ovulatory dysfunction in women struggling with infertility. It is also used off-label to treat certain hormonal conditions in men.

- **Active Ingredient:** Clomiphene Citrate
- **Dosage Form:** Oral tablet
- **Dosage:** 25 mg, 50 mg, 100 mg
- **Indications:** Induction of ovulation in women who are anovulatory (do not ovulate) or oligo-ovulatory (ovulate infrequently)
- **Manufacturer:** Sanofi-Aventis
- **Storage:** Should be kept at a controlled room temperature, generally between 15°C and 30°C (59°F to 86°F), and protected from exposure to excessive heat, light, and moisture.
- **Market Price:**
- **Drug Status:** Prescription Only

Description

What is Clomid (Clomiphene Citrate)? Clomid is an oral prescription fertility medication. Its active ingredient, clomiphene citrate, works by blocking estrogen receptors in the brain. This action tricks the body into believing estrogen levels are low, which stimulates the pituitary gland to release more follicle-stimulating hormone (FSH) and luteinizing hormone (LH). In women, these hormones are crucial for triggering ovulation. It is important to understand that Clomid is a treatment for infertility caused by anovulation (lack of ovulation), not a cure for all types of infertility. A thorough medical evaluation is necessary to determine the underlying cause. Clomid is a branded medication. As with many drugs, generic versions containing clomiphene are available and are equally effective. For more information on this, see our guide on generic medicines. Primary and Off-Label Uses For Women: The primary FDA-approved use is the treatment of ovulatory dysfunction in women who wish to become pregnant. For Men: Clomid is used off-label to treat hypogonadism (low testosterone) and certain male infertility issues by stimulating the body's own hormone production.

General Instructions

How to Take Clomid Clomid must be taken exactly as prescribed by your doctor, as the regimen varies significantly between women and men and depends on individual response. For Women (Ovulation Induction) Treatment typically starts on the fifth day of the menstrual cycle (the first day of menstrual bleeding is counted as day 1). The usual starting clomid dosage is 50 mg (one clomid 50mg tablet) taken once daily for 5 consecutive days. Your doctor will monitor your response via ultrasound or blood tests and may adjust the dose in subsequent cycles if ovulation does not occur. Do not take Clomid for more than the prescribed number of cycles. For Men (Off-Label Use) When prescribed for male hypogonadism or infertility, the dosage and schedule are different and must be strictly individualized. It often involves lower doses taken every other day or on a specific weekly schedule. Never self-prescribe Clomid for male hormone

optimization. Important General Guidelines Timing: Take the tablet at the same time each day, with or without food. Duration: Never exceed the prescribed dose or duration of treatment. Long-term use in women is not recommended due to increased risks. Pregnancy Test: Women must have a negative pregnancy test before starting each cycle of Clomid. The medication is contraindicated during pregnancy.

Side Effects

Side Effects of Clomid Clomid affects hormone levels, which can lead to a range of side effects. It is helpful to understand the spectrum of possible side effects. Common and Serious Side Effects of Clomid (Clomiphene) Frequency Side Effects Action to Take Common Vasomotor symptoms: Hot flashes (similar to menopausal symptoms – read more), night sweats Headache, dizziness Abdominal bloating, pelvic pain or pressure Breast tenderness Nausea Mood swings, irritability (sometimes referred to informally as “Clomid crazies”) These are often manageable and temporary. Discuss persistent symptoms with your doctor. Serious (Seek Medical Help) Visual disturbances: Blurred vision, spots or flashes (scintillating scotomata), double vision. This can affect driving safety (more on driving safety). Severe pelvic/abdominal pain, nausea, vomiting (signs of ovarian hyperstimulation syndrome – OHSS). Shortness of breath, chest pain, leg pain/swelling (signs of a blood clot). Severe depression or significant mood changes. Jaundice (yellowing of skin/eyes), dark urine (signs of liver problems). Stop taking Clomid and contact your doctor immediately. Visual changes and severe abdominal pain require prompt evaluation.

Uses

What is Clomid Used For? Clomid has distinct, well-defined uses in women and men, all centered around modulating reproductive hormones. Primary Use: Female Infertility (Ovulation Induction) Clomid for pregnancy is specifically aimed at helping women who do not ovulate regularly (anovulation) or who have irregular ovulation (oligo-ovulation) to conceive. It is a first-line treatment for conditions like Polycystic Ovary Syndrome (PCOS). It is crucial to remember that Clomid only helps with ovulation; it does not fix other potential causes of infertility like blocked fallopian tubes or male factor issues. Off-Label Use: Male Hypogonadism and Infertility While not its primary indication, clomid for men is prescribed by specialists. It can be used to stimulate the pituitary gland to increase production of hormones that signal the testes to produce more testosterone and improve sperm production. This can be a treatment for some men with hypogonadotropic hypogonadism. It's important to note that low testosterone can be linked to other symptoms like low libido; for related issues, see information on erectile dysfunction symptoms. Important Limitations Not for Undiagnosed Infertility: Clomid should only be used after a doctor has confirmed anovulation as the cause. Not a Hormone Replacement: It does not contain hormones; it stimulates the body to produce its own. Not for Long-Term Use: Treatment is typically limited to 3-6 ovulatory cycles due to diminishing success rates and increasing risks.

Safety advice

Interactions Alcohol:

- Use with caution
- There is no known direct interaction, but alcohol can worsen some common side effects of Clomid like dizziness, headaches, and hot flashes. It is generally advisable to limit or avoid alcohol during treatment.

Interactions Other Medications:

- Consult your doctor
- Clomid has few significant drug interactions. However, you should always inform your doctor about all medications you are taking, including over-the-counter drugs and supplements, to ensure safe use.

Special Groups Pregnancy:

- Unsafe
- Clomid is strictly contraindicated during pregnancy. Its mechanism of action is intended to *initiate* a pregnancy, but it may have harmful effects on a developing fetus if taken after conception has occurred. A negative pregnancy test is required before each treatment cycle. For general guidance, see [medication safety in pregnancy](#).

Special Groups Breastfeeding:

- Consult your doctor
- It is not known if clomiphene passes into breast milk. Due to the potential for serious adverse effects on the infant, use while breastfeeding is generally not recommended. A doctor must weigh the potential benefits and risks.

Special Groups Elderly:

- Consult your doctor
- Clomid is not indicated for use in postmenopausal women or elderly populations for fertility purposes.

Special Groups Children:

- Unsafe
- Safety and efficacy have not been established in pediatric populations. Clomid is not intended for use in children.

Effects on Activities Driving:

- Use with caution
- Clomid can cause visual disturbances (blurring, spots), dizziness, and lightheadedness. These effects can impair the ability to drive or operate machinery safely. Do not drive if you experience these symptoms.

Effects on Activities Operating Machinery:

- Use with caution
- The same precautions as for driving apply. Exercise caution when engaging in activities that require clear vision and alertness.

Concerns

Important Safety Concerns and Considerations Ovarian Hyperstimulation Syndrome (OHSS) This is a potentially serious complication where the ovaries become swollen and painful. It is more common with injectable fertility drugs but can occur with Clomid, especially at higher doses or in women with PCOS. Symptoms include severe pelvic pain, rapid weight gain, abdominal swelling, nausea, and shortness of breath. Severe OHSS requires immediate medical attention. Multiple Gestation (Twins, Triplets, etc.) Clomid significantly increases the chance of multiple births (approximately 5-10% risk, mostly twins). Multiple pregnancies carry higher risks for both the mother (pre-eclampsia, gestational diabetes) and the babies (prematurity, low birth weight). This possibility should be discussed before starting treatment. If successful, parents may find our guide to kids' medicine helpful in the future. Visual Disturbances As noted in the side effects, Clomid can cause dose-related visual symptoms like blurring, scotomata (spots), and photophobia. These are usually reversible upon discontinuation but warrant immediate cessation of the drug and medical evaluation. They pose a significant risk for activities like driving. Impact on the Endometrium Long-term or high-dose use of Clomid may have an anti-estrogenic effect on the lining of the uterus (endometrium), potentially making it thinner and less receptive to embryo implantation. This is one reason treatment is limited to a few cycles. Psychological and Emotional Effects The hormonal fluctuations induced by Clomid, combined with the stress of infertility treatment, can lead to significant mood swings, irritability, anxiety, or depressive symptoms. It is important to monitor emotional well-being and seek support if needed. For

information on managing mood, see our guide to mental health support.

Warnings

Critical Warnings for Clomid Use Ovarian Enlargement and Cyst Formation Clomid can cause pre-existing ovarian cysts to enlarge and may promote the formation of new functional cysts. A pelvic examination is recommended before starting and during treatment to assess ovarian size. The drug should not be used in patients with ovarian cysts not related to polycystic ovary syndrome. Liver Disease and Abnormal Liver Function Patients with liver disease or a history of liver impairment should use Clomid with extreme caution, as the drug is metabolized by the liver. Discontinuation is necessary if jaundice or other signs of liver dysfunction appear. Uterine Fibroids Clomid may cause the enlargement of pre-existing uterine fibroids. Patients with this condition should be monitored closely during therapy. Risk of Ectopic Pregnancy While Clomid does not cause ectopic pregnancy, the overall increased chance of pregnancy while on the drug includes a proportional increase in the risk of ectopic (tubal) pregnancy. Any severe one-sided abdominal pain during early pregnancy requires urgent evaluation. Limitation of Therapy Due to concerns about long-term safety (including a potential increased risk of ovarian tumors with prolonged use) and decreasing efficacy, treatment with Clomid should be limited. The manufacturer recommends that therapy not exceed a total of 6 cycles per patient.

Dosage

Clomid Dosage Information Dosage is highly individualized and must be determined by a fertility specialist or endocrinologist. The following table outlines standard approaches. General Clomid (Clomiphene) Dosage Guidelines Patient Group & Indication Standard Dosage Regimen Important Notes Women: Ovulation Induction (First Cycle) 50 mg (one clomid 50mg tablet) orally once daily for 5 days. Start on day 5 of the menstrual cycle (day 1 = first day of menses). Women: Ovulation Induction (Subsequent Cycles) Dose may be increased to 100 mg daily for 5 days if ovulation does not occur. The maximum recommended daily dose is 150 mg for 5 days. Dose increases should only be made under medical supervision after assessing response. Men: Hypogonadism / Infertility (Off-Label) Typically 25 mg every other day or 50 mg taken 2-3 times per week. Dosing is highly variable and individualized. Must be prescribed and monitored by an endocrinologist or urologist. Not FDA-approved for this use. Important Administration Notes Monitoring: Women undergoing treatment require monitoring (via blood tests and/or ultrasound) to confirm ovulation, adjust dosage, and check for ovarian overresponse. Duration: Do not take Clomid for more than the prescribed number of days per cycle. Long-term continuous use is dangerous. Maximum Cycles: As per the warning, therapy should not exceed 6 total ovulatory cycles due to diminishing returns and safety concerns.

Interactions

Drug Interactions with Clomid Clomid has few clinically significant drug interactions, but a complete medication review with your doctor is still essential. Notable Drug Interactions with Clomid (Clomiphene) Interacting Substance Potential Effect Recommendation Danazol Concomitant use may diminish the effect of clomiphene in inducing ovulation. This combination is generally avoided in fertility treatment. Thyroid Hormone Replacement Some reports suggest clomiphene may increase the need for thyroid hormone in hypothyroid patients. Thyroid function should be monitored during treatment. Other Hormonal Therapies (e.g., estrogen-containing contraceptives, other fertility drugs) May interfere with the intended effect of Clomid. Inform your doctor of all hormone therapies. Clomid is not taken concurrently with most other fertility medications without specific protocols. Note: Always provide your doctor with a full list of all prescription, over-the-counter, and herbal products you are using.

FAQs

- **How soon after taking Clomid do you ovulate?**

Ovulation typically occurs 5 to 10 days after taking the last Clomid tablet of a cycle. Most commonly, it happens around day 14-19 of the menstrual cycle. Your doctor will likely recommend timing intercourse accordingly or may use a trigger shot (hCG injection) to precisely time ovulation.

- **Can Clomid cause birth defects?**

Extensive studies have not shown an increased risk of birth defects in babies conceived during Clomid therapy compared to the general population. However, as a precaution, it is critically important NOT to take Clomid if you are already pregnant, as its effects on an established pregnancy are not known.

- **Why is Clomid sometimes prescribed to men?**

For men, Clomid is used off-label as a form of hormone stimulation therapy. It can help raise low testosterone levels by signaling the body to produce more of its own hormones, rather than by direct testosterone replacement. It may also improve sperm count in some cases of hypogonadotropic hypogonadism.

- **What are the signs that Clomid is working?**

In women, signs may include more regular menstrual cycles, mid-cycle ovulation pain (mittelschmerz), and changes in cervical mucus. However, the only reliable confirmation of ovulation is through physician monitoring (progesterone blood test, ovulation predictor kits, or ultrasound).

- **Where can I buy Clomid safely?**

Clomid is a prescription medication. It should only be obtained from a licensed pharmacy with a valid prescription from a doctor who has evaluated you. **Warning:** Purchasing Clomid online without a prescription, particularly for off-label male use or bodybuilding, is extremely risky due to the high prevalence of counterfeit products. For safety, read our guide on [buying medicines online safely](#).

Other Details

Additional Information Historical Note Clomiphene citrate was first synthesized in 1956 and was approved by the FDA for use in women in 1967. It revolutionized the treatment of anovulatory infertility, offering a simple, oral alternative to the more complex hormonal treatments available at the time. It remains a first-line therapy over half a century later. **Reporting Side Effects** If you experience a side effect, report it to your prescribing doctor. You can also report adverse drug events directly to the U.S. FDA via MedWatch or to your national health authority. Reporting helps improve overall drug safety knowledge.

References

References and Medical Sources The information on this page is compiled from reputable medical sources and prescribing information. U.S. Food and Drug Administration (FDA). Clomid (clomiphene citrate) Tablets Prescribing Information. [Revised 2012].

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