Health and Social Care Board

Interface Pharmacist Network
Specialist Medicines

Shared Care Guideline
Clomifene

Specialist Details	Patient Identifier
Name: _____	
Location: _____	
_____	Date: _____

Introduction

Clomifene is an anti-oestrogen preparation which stimulates the production of pituitary gonadotrophic hormones, probably by blocking the negative feedback effect of oestrogens at receptor sites in the hypothalamus and pituitary.

Licensed indication:

Clomifene citrate is indicated for the treatment of ovulatory failure in women with normal ovarian reserve desiring pregnancy. It is indicated only for patients in whom ovulatory dysfunction is demonstrated. Other causes of infertility must be excluded or adequately treated.

Dosage and administration:

Treatment should be initiated with 50mg daily for 5 days, starting within 5 days of the onset of menstruation. In patients with amenorrhoea, treatment should be started within the first 5 days of a progestogen - induced withdrawal bleed.

If the 50mg dosage does not induce ovulation, the dosage may be increased to 100mg daily for 5 days. If after two cycles at this dosage, ovulation does not occur, the dose may be increased on specialist recommendation. Doses greater than 100mg daily are unlicensed. If again, this fails to induce ovulation, clomifene treatment should be discontinued.

If ovulation is induced, treatment may be continued for 6 cycles (or up to 12 cycles on hospital specialist recommendation).

Preparations available:

- Clomifene citrate (non-proprietary) 50mg tablets
- Clomifene citrate (Clomid®) 50mg tablets.

Hospital Specialist Responsibilities

- Baseline tests as per NICE Fertility guidelines February 2004 (www.nice.org.uk)
- Establish the need for Clomifene
- Provide the patient with relevant (written) information on use and side-effects, in particular the risk of a multiple pregnancy and the need for monitoring.
- Assess response to treatment. It is considered to be best practice to arrange ultrasound assessment of at least the first cycle. (www.nice.org.uk)
- Arrange shared care with the patient's GP
- Continue to review the patient at agreed specified intervals, sending a written summary to the GP whenever the patient is reviewed
- Provide any other advice or information for the GP if required

GP Responsibilities

- Ensure that he/she has the information and knowledge to understand the therapeutic issues relating to the patient's clinical condition.
- Prescribe clomifene**.**
- Report any adverse drug reactions to the initiating specialist and the usual bodies (e.g. CSM)

Adverse Effects, Precautions and Contraindications

Adverse effects appear to be dose related, and are infrequent at the recommended dose.

Multiple pregnancies, including simultaneous intrauterine and extrauterine pregnancies, have been reported.

The more commonly reported side-effects are:

- hot flushes
- abdominal discomfort
- nausea and vomiting.

Less common, but more serious side-effects are:

- visual disturbances: stop treatment
- ovarian hyperstimulation: refer back to initiating specialist

Precautions:

A history of:

- Ovarian Hyperstimulation Syndrome
- Multiple pregnancy
- Ectopic pregnancy
- Uterine fibroids
- Ovarian cancer

Contraindications:

- Pregnancy
- Liver disease
- Abnormal uterine bleeding
- Ovarian cyst

Common Drug Interactions

None stated.

Communication

For any queries relating to this patient's treatment with clomifene, please contact the specialist named at the top of this document.

This information is not inclusive of all prescribing information and potential adverse effects. Please refer to full prescribing data in the SPC or the BNF

Date Prepared: June 2012 **Date of review:** June 2015