#### Clomifene Tablets BP 50mg

Read all of this leaflet carefully before you are given this medicine. Keep this leaflet. You may need to read it again. If you have further questions, please ask your doctor or nurse.

#### In this leaflet:

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Clomifene tablets are white, round tablets with HG C50 on one side and a breakline on the other side.

The active ingredient in your tablets is clomifene citrate. Each tablet contains clomifene citrate 50mg. Other ingredients are lactose, maize starch and magnesium stearate. Clomifene tablets are available in packs of 30 tablets.

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### 1. What is clomifene and what is it used for?

Clomifene is a type of hormone, known as an anti-oestrogen. Your doctor has prescribed clomifene tablets for you because he/she believes that your infertility may be caused by failure of your ovaries to ovulate (release eggs). This is known as anovulatory infertility. Clomifene triggers ovulation (egg production) by releasing certain hormones in cases where the monthly cycle does not stimulate release of the egg.

## 2. Before you take clomifene tablets

You should not take clomifene tablets if:

- you have been told that you are allergic to clomifene or to any of the other ingredients in the tablets (check by reading the list above)
- you are pregnant (this possibility should be carefully ruled out)
- you have or have had liver problems
- you have abnormal bleeding from the womb for which a cause has not yet been found.
- you have an ovarian cyst or a tumour of an ovary or of the pituitary gland (but clomifene can be taken if you have what are called polycystic ovaries).
- you do not want to risk having a multiple pregnancy. The chance of having multiple
  pregnancies (mainly twins, sometimes triplets, but very occasionally even more babies) is
  increased by clomifene therapy.

Before you take clomifene tablets, other possible causes of infertility, in you or you partner, should first be ruled out.

Special care should be taken if:

- you have polycystic ovaries
- you have fibroids
- you suffer from depression
- you have, or have a tendency to, thrombosis

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

#### 3. How you should take clomifene tablets

Please take your clomifene tablets as specified by your doctor.

The usual starting dose is one clomifene tablet (50mg) each day for five consecutive days, starting during the first five days of your period if you are having periods.

If you forget to take a dose, you should take it on the following day and then continue with your course of therapy.

You should take your temperature every day, as instructed by your doctor. From this record your doctor will be able to tell if ovulation has occurred, and if you do not then start a period, you should have a pregnancy test. If you are pregnant, you should NOT take another course of clomifene tablets.

If ovulation occurs but is not followed by pregnancy, and if your doctor agrees, you may take another course at the same dosage (one tablet each day for five days), up to a maximum of three cycles. Your doctor should check your ovaries before each cycle of treatment.

If ovulation does not occur after three courses, then you are not likely to benefit from any further courses of clomifene.

If you take too much clomifene, or if someone else has accidentally taken the tablets, you should seek medical advice urgently.

#### 4. Possible Side- effects

Like many other medicines, clomifene may cause some side-effects in some patients, particularly when treatment is first started. The side effects that some patients have had include nausea, vomiting, breast tenderness or discomfort, drying-up of milk when breastfeeding, hot flushes, bleeding between periods, heavy or painful periods, rashes, hair loss, headache, fits (more likely in patients with epilepsy), jaundice (with yellowing of the skin and the whites of the eyes), weight gain, tiredness, depression, difficulty sleeping, feeling lightheaded or dizzy, ectopic pregnancy (where one or more embryos are implanted outside the womb, leading to complications) and multiple pregnancy (only rarely more than twins).

These side-effects, when they occur, are generally mild and they will disappear after you stop taking clomifene tablets.

Ovarian hyperstimulation can occur. This means that your ovaries may become enlarged or develop cysts. If you experience abdominal discomfort, pain or swelling, tell your doctor at once.

Clomifene may cause blurring of vision, spots or flashes before the eyes. If any of these occur, STOP taking clomifene tablets and tell your doctor at once, so that an eye test can be arranged. Also, do not drive or operate machinery until your sight is normal again, which it should be within a few days or weeks of stopping clomifene.

## 5. Storing clomifene tablets

Your doctor has prescribed these tablets for your use only. Keep them in a safe place away from the sight and reach of children. **Do not** allow anyone else to take them.

Return remaining tablets to your pharmacist if you have any left over when treatment is ended.

Do not use after expiry date.

Do not store above 25°C.

Store in the original package.

Consult your pharmacist or doctor if you have any questions.

# **Product Licence Number**

4543/0424

This leaflet was revised June 2004