

## Clomid Instructions

As you start your new prescription for Clomid, please take a few minutes to read through these directions.

### **How to count the days of your menstrual cycle (period):**

Your cycle starts the first day of your period and continues until the first day of your next period. This can take a few months to track if you have never done this before.

### **You will need to take Clomid starting on days 3-7 of your cycle**

Begin using the ovulation predictor kits on day 10-16 of your cycle. When the test indicates that you are ovulating you will need to have intercourse on this day, then skip the next day. You can take a pregnancy test on day 30 of your cycle if you do not start your period. If you are not pregnant, you may start this process again.

If you are not using the ovulation predictor kit, you should have intercourse on days 12, 14, and 16.

If you need progesterone to start your period, you will need to take this for 10 days once you have filled the prescription. If you have not started bleeding 3 days after you have finished all 10 pills, you need to call our office. If you start bleeding before you have finished the 10 pills, count the first day of bleeding as day one of your cycle. You do not need to continue taking the progesterone once you have started bleeding. You will then need to start the Clomid as instructed above.