



fertility 
associates

Ovulation induction

using Clomiphene
and Letrozole, including

fertility
boost®

Ovulation induction

Ovulation induction is a simple treatment that uses medication to stimulate the ovaries and encourage ovulation.

It is used mainly to help women who don't ovulate, or for a short period of time for couples with unexplained infertility who are not ready to try IUI or IVF. There are two main types of drug used in ovulation induction and your doctor will advise which one is right for you.

Clomiphene

Clomiphene citrate was the original 'fertility pill'. It works by encouraging a boost of natural follicle-stimulating hormone (FSH) to encourage the ovaries to ovulate. Natural conception still occurs because you still have sex to become pregnant.

Letrozole

Letrozole is an alternative and has a different mechanism of action, but the outcome is still the same – a boost in FSH to encourage ovulation. It has a slightly lower risk of twin pregnancies and potentially fewer side effects.

Some women will respond to one drug and not the other, your doctor will decide which is best to start you on.

Overall, about 20-30% of women aged 37 and under have a child over a course of three to four cycles of Clomiphene or Letrozole.

Clomiphene and Letrozole options

At Fertility Associates, we offer you two approaches to Clomiphene or Letrozole treatment:

Monitored OI cycle

Some people prefer starting with a **Monitored OI cycle** the first time that they do ovulation induction so that they get extra guidance on how it works. This includes an ultrasound and blood test around mid-cycle to track follicle growth. Based on the results of these, your care team will advise the best time to have sex for ovulation.

Fertility Boost®

Fertility Boost® is a very cost-effective option for those who feel capable of managing their own treatment. The price is kept as low as possible as this package is for those who do not need ongoing medical support throughout the four cycles.

With **Fertility Boost®** you are provided with a clear set of instructions for when to take the medication, the range of days to have sex, and a single blood test to confirm you ovulated.

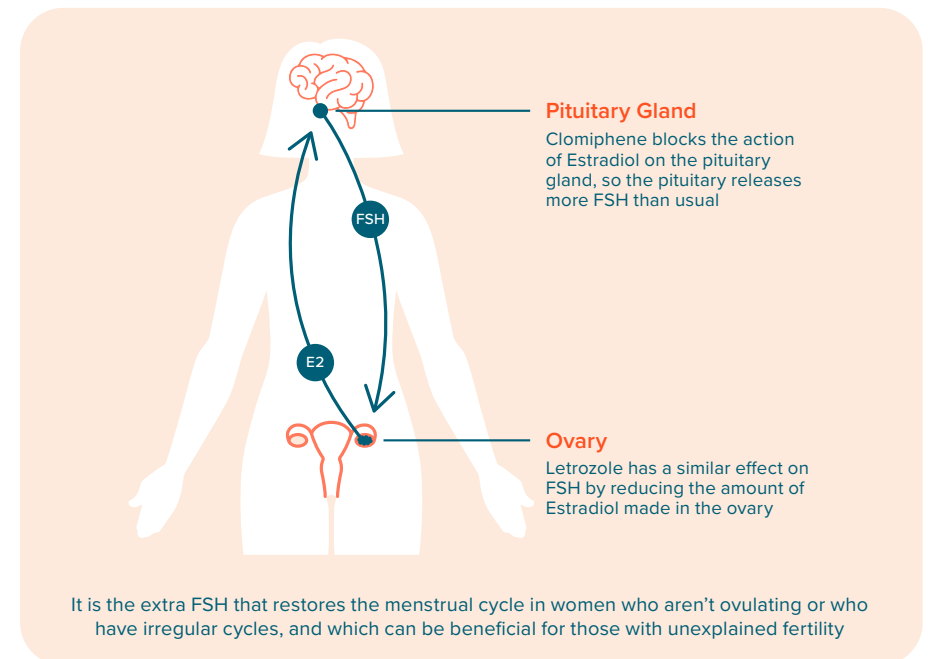
Fertility Boost® gives you peace of mind with a clear, supportive plan:

- Up to four cycles of ovulation induction at a fixed price, so you can plan confidently.
- Easy-to-follow instructions for medication and timing intercourse.
- A simple blood test to confirm ovulation.

If you have an ongoing pregnancy in the first, second, or third cycle, there's no refund – because that's the goal! If the pregnancy doesn't continue, you can pick up the remaining cycles whenever you're ready.

Fertility Boost® offers a clear, supportive plan for your journey. We understand that pregnancy doesn't always happen right away – good things take time.

Clomiphene and Letrozole – how it works



Step by step

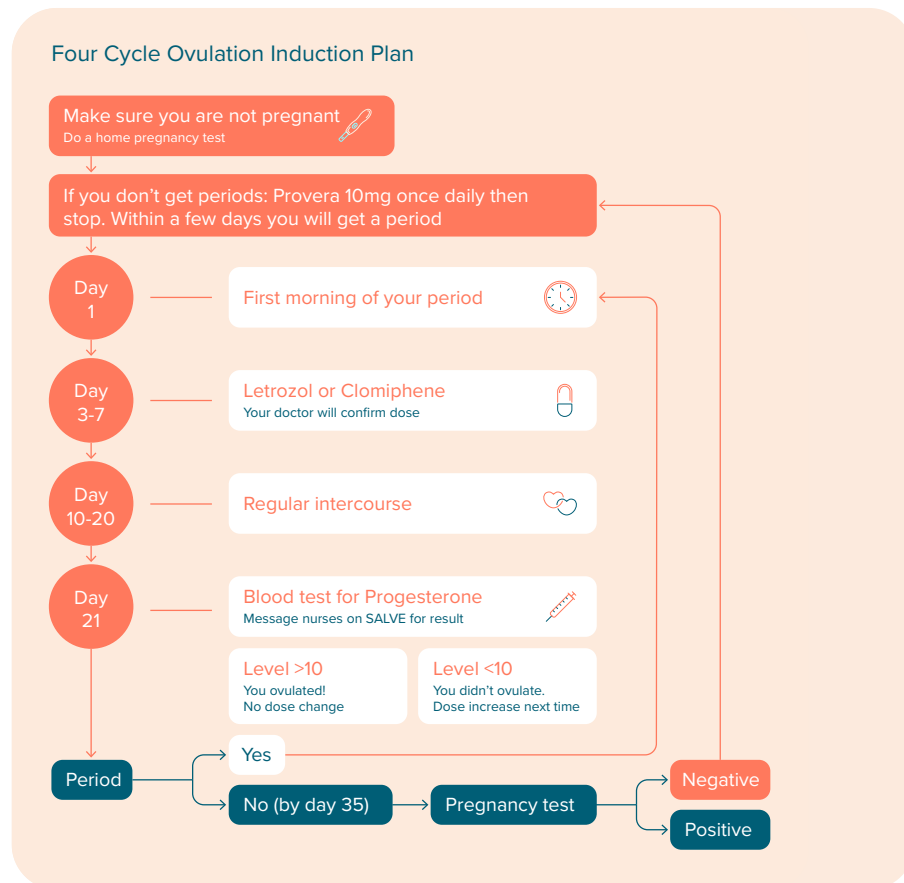
Day 1 is the first day of your cycle if your period comes before noon. If your period starts in the afternoon then the next day is Day 1. Please message your local nursing team on Salve to register your Day 1 as a new treatment cycle. If you prefer, you can call and leave a voice message. You will be contacted with instructions by your nursing team.

If you do not have periods, your doctor will arrange for you to take Provera or Norethisterone tablets to induce a period.

For **Monitored OI cycles**, we load instructions into your Salve app on when to start Clomiphene or Letrozole, and when your first blood test and scan will be.



For Fertility Boost® you follow the pathway



Monitored OI cycle and Fertility Boost® – how do they compare?

	Monitored OI cycle	Fertility Boost®
Blood test pre ovulation	✓	×
Ultrasound scan	✓	×
Timing	Specific	Broad
Trigger may be used	✓	×
Blood test to confirm ovulation	✓	✓
Who it suits?	Best for patients who want close input	Best for patients who can self-manage
	Those who need more nursing support	Those who need less nursing support
Cost	Per cycle	For four cycles or ongoing pregnancy, whichever comes first

See our website for details of current treatment costs.

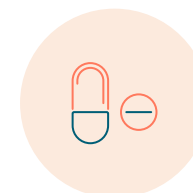
Too many follicles? Or not enough?

Clomiphene or Letrozole is intended to help one to three follicles mature, but sometimes more can develop. Your response can vary from cycle to cycle.

We usually start with a lower dose to reduce the chance of too many follicles. For some, this may be too low, and the dose will need to be adjusted in later cycles. It may take two or three cycles to find the right dose.

If too many eggs develop, the risk of a multiple pregnancy increases, which can lead to more complications. To keep you safe, we'll advise avoiding unprotected sex – either by using condoms or abstaining. We'll then adjust to a lower dose in your next cycle.

If these medicines don't work for you, your specialist will talk through other options.





Having sex

It's important to have sex around the time you ovulate. If you're on a **Monitored OI cycle**, blood tests and scans will show the likely days. Follicle size can vary between women and even between cycles. We recommend having sex once your largest follicle is about 18 mm, then daily for the next 3-5 days. Regular sex during this window matters more than pinpointing the exact day of ovulation.

With **Fertility Boost®**, we recommend having sex every couple of days starting from day 10 of your cycle. Sperm can usually survive for two or more days in healthy cervical mucus, so it's important to have sex both before and after ovulation. We don't recommend using LH urine tests to predict ovulation, as Clomiphene and Letrozole can raise LH levels and cause false positives.



Triggering ovulation

Clomiphene and Letrozole usually trigger ovulation naturally through an LH surge, but this doesn't always happen. If needed, ovulation can be triggered with an hCG injection. If you're on a **Monitored OI cycle**, we'll let you know if you need this injection and explain how and when to give it. Please note that ovulation triggering is not part of the **Fertility Boost®** programme.



Blood tests and scans

Blood tests are done by your local pathology lab. Please ensure you have the blood taken in the morning so we can receive the results the same day. Ultrasound scans will be arranged either at your nearest Fertility Associates clinic, or for regional patients at a local radiology service.



Waiting for the pregnancy test

Most people say that waiting to see whether you are pregnant is the most stressful part of treatment. Please feel free to make an appointment to speak with a counsellor if you would like some extra support during this time or see our wellness pages for some helpful information on how to look after yourself.

Clomiphene and Letrozole: problems, risks, side effects and solutions

Problems and solutions

There's no test to predict the right dose of Clomiphene or Letrozole, so some common issues include:

- **Dose too low:** Sometimes the first dose isn't strong enough to work. Blood tests or scans can detect this, and we'll increase the dose next cycle.
- **Dose too high:** If too many eggs develop, the risk of twins or triplets rises. This is usually picked up in **Monitored OI cycles**, and we'll lower the dose next time.
- **Cervical mucus changes:** Clomiphene can reduce mucus quality, making it harder for sperm to reach the egg. This is difficult to measure, but some women notice changes. Letrozole does not affect mucus.

Risks and side effects

Multiple pregnancy

Monitoring helps us check how many eggs are growing, but it's not perfect. Up to 10% of pregnancies with Clomiphene are twins, and about 1% are triplets. With Letrozole, the chance of twins is lower – under 5%. Multiple pregnancies carry higher risks for both mother and babies.

Other side effects

- About 10% of women on Clomiphene experience hot flushes.
- Nausea and breast tenderness may occur.
- Mood swings are common but usually mild – please talk to us if they feel severe.
- Headaches and blurred vision are rare.

If you have any concerns, please speak with your nurse.



where life begins
kei konei ka timata ai te oranga

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