

UTAH MEN'S HEALTH – Ahead of the Curve Clomid Patient Handout

Clomiphene (Clomid)

As discussed during your visit, Clomid is a medication that will work to elevate certain hormones released by the pituitary gland in the brain. These hormones, in turn, will stimulate both the production of testosterone and the production of sperm, or spermatogenesis, within the testis. It is anticipated that these actions will help reduce the symptoms of hypoandrogenism and/or, by increasing sperm count, may help to improve non-obstructive azoospermia. Large-scale studies have found sustained increases in testosterone, increases in strength, reduction of fatigue, and improvement of erectile function among men taking Clomid for hypoandrogenic symptoms.^{1,2} Studies have also found that the use of Clomid is correlated with a return of sperm to the ejaculate in up to 10% of azoospermic men who remained on the medication for 3 months.³ While research shows promising results, the use of Clomid in males remains an off-label use of this medication.

As with any new medication, you may notice side effects while taking Clomid. Some of these symptoms are consequences of increased circulating testosterone while other symptoms may indicate more serious side effects.

Side effects may include:

- Changes in libido (sex drive)
- Changes in mood
- Changes in energy level
- Increased aggression
- Male-patterned baldness
- Blurred Vision
- Headaches
- Increase in hemoglobin (a blood protein that transports oxygen and adds viscosity, or thickness, to your blood)
- Enlargement of the prostate gland

Please notify our offices if you are experiencing side effects that are limiting your quality of life. We may be able to change your Clomid dosing (titration) or alter other medications to limit these side effects. The laboratory values we ask to monitor throughout your treatment will be used to screen for some of these possible side effects and help us prevent them from becoming serious issues.

Please see your visit summary for detailed instructions regarding your dose and returning for both laboratory testing and follow-up visits. Do not hesitate to contact **(801) 587-1454** at any point with questions or concerns about your new medication.

1. Kim E, Crosnoe L, Bar-Chama N, Khera M, Lipshultz L. The treatment of hypogonadism in men of reproductive age. *Fertility and Sterility*. 2012 Mar;99(3):678-79.
2. Moskovic D, Katz D, Akhavan A, Park K, Mulhall J. Clomiphene citrate is safe and effective for long-term management of hypogonadism. *BJU Internat*. 2012 Nov; 110(10):1524-28.
3. Hussein A, Ozgok Y, Ross L, Niederberger C. Clomiphene administration for cases of nonobstructive azoospermia: a multicenter study. *J Androl*. 2005 Nov-Dec;26(6):787-91.