Clomid Success Rates

by Iva Keene MRMed. ND. - Friday, February 04, 2011


Clomid success rates typically range from 30 to 40%. Clomid is a drug that is usually prescribed to
anovulatory women, who menstruate without producing eggs from the ovary. It has been proven to have
significant potency. There are other drugs that are far more expensive than Clomid but yield only similar
results. This cost-benefit relation makes Clomid the number one prescription drug for the treatment of
infertility. But remember, Clomid is not without side effects.

What does chlomid (clomiphene citrate) do?

Clomid is the brand name of the drug, Clomiphene citrate, which is used for egg production and
ovulation. Clomid acts by blocking the supply of estrogen, sending a message to the brain that estrogen
levels are low. Your body responds to this by releasing the hormone FSH (follicle stimulating hormone)
which prompts the follicles in the ovary to develop into mature eggs.

Although many women have no adverse reactions from taking Clomid, some women have reported
severe side effects and some say that Clomid success rates are not as high as they expected. Because it
inhibits the natural supply of estrogen to the body, many of Clomid’s side effects are linked to abnormal
hormonal levels. Below are the five most commonly reported side effects.

Top Five Most Reported Clomiphene Side Effects

1.  Emotional and Psychological Instability. Around 25% of women who take Clomid report that they
have suffered from mood swings and/or psychological instability. Mood swings have been described as
being so severe that the patients become easily irritated even with the simplest of things. Some report that
their Premenstrual Syndrome (PMS) is far worse than normal when taking Clomid. Although emotional
instability is on the whole a tolerable side effect, most women will discontinue using a product that causes
it.

2.  Recurring Hot Flashes. Hot Flashes are indicative of hormonal imbalance which is typical for
menopausal women. Women who take Clomid complain that they sometimes experience recurring hot
flashes, but, usually, this does not prevent them from continuing with the medication.

3.  Blurred Vision. Some notice abnormalities with their eyesight such as seeing flashes of light or
having blurred vision when on Clomid. If this happens to you, discontinue taking Clomid
IMMEDIATELY. Delay could lead to more serious health concerns.

4.  Thinning of the Uterine Lining. When on Clomid, women tend to have a thinner endometrial lining.
In the natural ovulation process, estrogen induces thickening of the uterine lining but this does not occur
with Clomid because of the anti-estrogenic action of the drug. The optimal uterine lining thickness is
somewhere between eight to ten millimeters or more but with Clomid, the lining usually does not exceed
a thickness of seven millimeters.

5. **Reduction in the Secretion of Cervical Mucus.** Studies have shown that clomiphene citrate reduces the secretion of cervical mucus. Estrogen controls cervical gland secretions and because estrogen is inhibited by Clomid there is less fertile mucus. Without healthy and abundant fertile mucus, sperm cannot survive the acidity of the vagina. This is one of the reasons why Clomid success rates are not higher.

### Getting pregnant & success rates of clomid

Clomid success rates show that in 40 to 80% of women ovulation is successfully induced. Successful ovulation, however, does not guarantee a successful conception. Certain of the side effects of taking Clomid such as the thinning of the uterine lining and the reduction of the fertile mucus secretion increase the chance of a miscarriage and decrease the chance of conception respectively. Statistics show that of the 40 to 80% who have successful ovulations, only 50% will be successful in conceiving a child within six months of taking the medication.

With the natural approach, the majority of anovulatory cases can be successfully treated in as little as 4 months without any side effects. On the contrary your risk of losing a baby to a thin uterine lining or reducing your chance of conception due to hostile mucus is minimized.

### Clomid in summary:

**What does clomid do?**

Clomid works to stimulate ovulation. It does so by blocking Oestrogen receptors, which tricks the body into releasing more FSH (follicle stimulating hormone) and LH (luteinising hormone), which are responsible for stimulating ovulation. Statistics show that of the 40 to 80% who have successful ovulations, only 50% will be successful in conceiving a child within six months of taking the medication.

### Femara (Letrozole) Vs Clomid

Femara (Letrozole) and Clomid are quite similar acting drugs and we advise you to speak to your specialist about which one is recommended for your situation. In general, Clomid is used initially and if it fails to be successful, Femara is then used. Letrozole is the more expensive drug, but the success rates are similar.

### Getting pregnant with Clomid

If you have PCOS or experience anovulation and want to try Clomid, you need to make an appointment with your doctor to get a prescription. We highly recommend you try natural therapies to stimulate ovulation for 4 months before trying Clomid, so that you can avoid the side effects of Clomid or Femara.

### Clomiphene side effects
The side effects of Clomid, such as reduced endometrial lining and cervical mucous reduce the chances of implantation of the embryo, therefore reducing pregnancy rates. Some women may also experience emotional and psychological symptoms such as mood swings as well as blurred vision (rare), hot flushes and worse PMS.

What are your thoughts on Clomid success rates? Have you taken it? I’d love to hear from you!