

# Clomihead 25 Tablet

## Clomiphene (25mg) Tablet

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### Composition

Each tablet contains:

- Clomiphene Citrate – 25 mg

Excipients:

- Lactose, starch, magnesium stearate, and other suitable excipients.
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### Description

Clomiphene is a selective estrogen receptor modulator (SERM) used primarily to treat anovulatory infertility in women. It works by stimulating ovulation in women who have irregular or absent menstrual cycles due to conditions like polycystic ovary syndrome (PCOS). This medication promotes the release of gonadotropins (LH and FSH) from the pituitary gland, which in turn stimulates the ovaries to produce and release eggs.

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### Indications

- **Anovulatory infertility: Induction of ovulation** in women with ovulatory dysfunction, such as those with polycystic ovary syndrome (PCOS) or hypothalamic amenorrhea.
- **Ovulation induction:** For women with normal hormone levels but insufficient ovulation to conceive.

Clomiphene is typically used as the first line of treatment for women experiencing infertility due to ovulatory dysfunction.

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### Dosage and Administration

- **Adults (Females):**

- **Initial dose:** One 25 mg tablet per day for 5 days, usually starting on day 2, 3, or 5 of the menstrual cycle.
- After 5 days of treatment, ovulation is monitored. If ovulation does not occur, the dose may be increased in subsequent cycles to 50 mg, 100 mg, or 150 mg per day, depending on the response.
- The maximum recommended dose is 150 mg per day.

- **Renal and Hepatic Impairment:**

- Use with caution in patients with liver dysfunction, and Clomiphene should be avoided in cases of severe liver disease.
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### Mechanism of Action

Clomiphene works by binding to estrogen receptors in the hypothalamus and pituitary gland, where it competes with natural estrogen. This prevents estrogen from inhibiting the release of gonadotropins (FSH and LH). The increase in gonadotropin secretion stimulates the ovaries to produce and release an egg (ovulation).

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### Contraindications

- **Pregnancy:** Clomiphene should not be used during pregnancy as it may cause harm to the fetus.
  - **Liver disease:** Known or suspected liver disease, including cirrhosis or jaundice.
  - **Abnormal uterine bleeding:** When the cause of uterine bleeding is unknown.
  - **Ovarian cysts:** Clomiphene should not be used in women with certain types of ovarian cysts (non-functional).
  - **Endometrial carcinoma or other reproductive organ cancers.**
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## Warnings and Precautions

- **Ovarian Hyperstimulation Syndrome (OHSS):** Clomiphene use may increase the risk of OHSS, which is a potentially serious condition characterized by swollen, painful ovaries and fluid retention.
- **Multiple Pregnancies:** There is an increased risk of multiple pregnancies (twins or higher-order multiples) with Clomiphene use.
- **Visual disturbances:** Some patients may experience visual disturbances such as blurred vision, flashes of light, or spots, which can be transient or persistent.
- **Liver function:** Periodic liver function tests are recommended for prolonged use of Clomiphene.
- **Endometrial changes:** Extended use of Clomiphene may lead to endometrial thickening, increasing the risk of endometrial cancer in some women.

- **Gonadotropins:** Clomiphene should not be used concurrently with human chorionic gonadotropin (hCG) or other gonadotropins unless under strict medical supervision due to the risk of ovarian hyperstimulation syndrome (OHSS).
- **Corticosteroids:** Use with caution as they may increase fluid retention and exacerbate side effects.
- **Tamoxifen:** Both drugs are selective estrogen receptor modulators (SERMs) and could potentially increase the risk of endometrial changes when used together.

## Side Effects

### Common Side Effects:

- Hot flashes
- Nausea, vomiting, abdominal discomfort, bloating
- Breast tenderness
- Headache
- Visual disturbances (e.g., blurred vision or flashes)
- Mood swings

### Serious Side Effects:

- **Ovarian Hyperstimulation Syndrome (OHSS):** Symptoms include severe abdominal pain, swelling, nausea, and shortness of breath.
- **Multiple pregnancies:** Increased chance of twins or higher-order multiples.
- **Severe abdominal pain or pelvic discomfort**
- **Visual impairment:** Persistent or sudden loss of vision.
- **Liver damage:** Jaundice, dark urine, upper right abdominal pain, unusual tiredness.

## Storage

- Store at 15°C to 25°C (59°F to 77°F).
- Protect from light and moisture.
- Keep out of reach of children.

**Note:** Clomiphene should only be used under the guidance of a healthcare professional. If you experience any severe side effects or complications, consult a doctor immediately. Routine monitoring of ovulation and reproductive health is recommended during treatment.

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## Drug Interactions