

## FERTILITY CLINIC

### DRUGS USED IN FERTILITY TREATMENT

#### TAMOXIFEN (20 mg tablets)

Also known as NOLVADEX

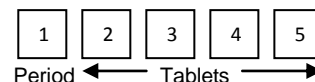
Ovulation (release of an egg from the ovary) and implantation of the fertilised egg in the uterus (womb) are controlled by hormones released from the pituitary gland under the brain. FSH (follicle stimulating hormone) stimulates ripening of the egg follicle prior to ovulation and LH (Luteinising hormone) triggers ovulation. Fertility drugs like Tamoxifen boost the levels of FSH and LH.

#### 1 INDICATIONS

Tamoxifen is not usually given for more than 12 cycles and the chances of conceiving in this time are 50%. Ovulation is best assessed by serial vaginal ultrasound scans. There is a slightly increased risk of twins (8%) but not of higher multiple pregnancies. There is no increased risk of abnormality in the baby.

#### 2 DOSE

Tablets contain 20mgs Tamoxifen. (NB sometimes given in higher doses.) One tablet 20mgs is taken daily for 4 days starting on the **second day of the period** (day 1 is the first day of full blood flow). Ovulation can occur between day 11 and day 17 of the cycle, counting day 1 as the first day of the period, but is more likely to occur on day 13-14



#### 3 SIDE EFFECTS

Side effects are uncommon. Some patients experience hot flushes, dizziness, fluid retention, visual disturbances, nausea and mood swings.

#### OTHER USES OF TAMOXIFEN

Tamoxifen, Clomiphene and Cyclofenil are all anti-oestrogens which are used to promote ovulation. Tamoxifen unlike the other two is also used extensively to reduce the recurrence of breast cancer. Tamoxifen is given every day throughout the cycle. When taken every day without a break Tamoxifen can cause changes in the womb lining and abnormal bleeding. These problems do not occur when Tamoxifen is taken daily for 4 days from day 2 of the menstrual cycle.

The use of Tamoxifen in the prevention of recurrence of breast cancer is mentioned in case you meet someone taking the same tablets as you but as a different dosage or time schedule.