



Platte Valley Women's HealthCare
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Instructions for Clomid Use

1. Count the first day of menstrual bleeding as day #1 of your cycle.
2. Number each subsequent day sequentially, i.e. 2-28, 29, 30, 31 etc.
3. If you have another menstrual period the first day of bleeding is day #1 again.
4. In a clomid cycle, most women take clomid each morning from day #5 to day #9. Some women will take clomid from day #3 to day #9.
5. In a clomid cycle, most women will ovulate on about day #14. However, it can be earlier or later.
6. To cover early and late ovulation, we advise intercourse everyday or every other day from day #10 through day #20.
7. Have a blood progesterone test done at the office or at Pathology Services on day #21 to make sure that you ovulated.
8. No tobacco, no alcohol and no drugs.
9. Take a multivitamin each day.