

# Clomihead 50 Tablet

## Clomiphene (50mg) Tablet

---

### Composition

Each tablet contains:

- Clomiphene Citrate – 50 mg

Excipients:

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

### Description

Clomiphene is a selective estrogen receptor modulator (SERM) used primarily to treat anovulatory infertility in women. It is commonly prescribed to induce ovulation in women who have difficulty conceiving due to conditions like polycystic ovary syndrome (PCOS) or hypothalamic amenorrhea. The medication works by stimulating the pituitary gland to release gonadotropins (LH and FSH), which then promote ovulation.

---

### Indications

- **Anovulatory infertility:** Induction of ovulation in women who do not ovulate due to conditions such as polycystic ovary syndrome (PCOS), hypothalamic amenorrhea, or other causes of infertility.
- **Ovulation induction:** For women who have irregular or absent ovulation and are seeking to conceive.

Clomiphene is often the first-line treatment for infertility due to ovulatory dysfunction.

---

### Dosage and Administration

- **Adults (Females):**

- **Initial dose:** One 50 mg tablet per day, taken for 5 days. It is usually started on day 2, 3, or 5 of the menstrual cycle.
  - **After completing the 5-day treatment,** ovulation is monitored. If ovulation does not occur, the dose may be increased to 100 mg or 150 mg for subsequent cycles, depending on the response.
  - **Maximum dose:** The maximum recommended dose is 150 mg per day for 5 days.
- **Male infertility:** Clomiphene may be used in men with low sperm count. The usual dose for males is 25 to 50 mg daily, taken for 3-6 months, depending on response and sperm count improvement.
  - **Renal and Hepatic Impairment:**
    - Caution is required when prescribing Clomiphene to individuals with liver dysfunction, and the drug should be avoided in cases of severe liver disease.
- 

### Mechanism of Action

Clomiphene binds to estrogen receptors in the hypothalamus and pituitary gland, blocking the action of estrogen. This prevents estrogen from exerting its normal negative feedback on the hypothalamus, resulting in an increase in the release of gonadotropins (FSH and LH). These hormones stimulate the ovaries to induce ovulation.

---

### Contraindications

- **Pregnancy:** Clomiphene is contraindicated during pregnancy as it may harm the fetus.
- **Liver disease:** Not recommended for use in patients with severe liver disease or significant liver dysfunction.
- **Abnormal uterine bleeding:** Clomiphene should not be used if the cause of abnormal bleeding is unknown.

- **Ovarian cysts:** Use is contraindicated in women with certain types of ovarian cysts (non-functional).
- **Endometrial carcinoma or other reproductive cancers:** Avoid in patients with a history of endometrial cancer or other hormone-sensitive cancers.

- **Liver dysfunction:** Yellowing of skin or eyes, dark urine, and upper abdominal pain.
- **Visual impairment:** Blurred vision or sudden loss of vision.

---

## Warnings and Precautions

- **Ovarian Hyperstimulation Syndrome (OHSS):** There is a risk of OHSS, especially with higher doses or multiple cycles of Clomiphene. Symptoms include abdominal pain, bloating, and shortness of breath. OHSS can be life-threatening if severe.
- **Multiple Pregnancies:** Clomiphene increases the risk of multiple pregnancies, including twins or higher-order multiples.
- **Visual disturbances:** Clomiphene may cause visual disturbances, such as blurred vision, flashes of light, or spots, which can be temporary or persistent.
- **Liver function:** Clomiphene may cause liver dysfunction; liver function tests should be conducted periodically, especially with prolonged use.
- **Endometrial changes:** Long-term use may lead to abnormal endometrial thickening, which can increase the risk of endometrial cancer in some women.

---

## Drug Interactions

- **Gonadotropins:** Concurrent use with gonadotropins (like hCG) should be avoided unless supervised by a physician due to the increased risk of ovarian hyperstimulation syndrome (OHSS).
- **Corticosteroids:** Clomiphene may interact with corticosteroids, increasing the risk of fluid retention and exacerbating side effects.
- **Tamoxifen:** Using Clomiphene and tamoxifen together may increase the risk of endometrial changes, so caution is needed.

---

## Storage

- Store at 15°C to 25°C (59°F to 77°F).
- Keep in a cool, dry place and protect from moisture and light.
- Keep out of reach of children.

---

## Side Effects

### Common Side Effects:

- Hot flashes
- Abdominal discomfort, bloating
- Headaches
- Nausea, vomiting
- Breast tenderness
- Mood swings, irritability

### Serious Side Effects:

- **Ovarian Hyperstimulation Syndrome (OHSS):** Symptoms include severe abdominal pain, bloating, and difficulty breathing.
- **Multiple pregnancies:** Increased risk of twins or more multiple births.

---

**Note:** Clomiphene should be used only under the supervision of a healthcare provider. If you experience any serious side effects or complications, consult a doctor immediately. Monitoring of ovulation and reproductive health is necessary during treatment.

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,

Panchkula-134113

TM: Trademark Applied for