

Clomid (clomiphene citrate) Instructions

Day #1 of the menstrual cycle is the first day of bleeding. Take one tablet of Clomid on days 5 through 9 of your cycle as prescribed by your physician.

Start checking for ovulation with an over the counter ovulation predictor kit starting on day #12 of your cycle. Most women ovulate on days 14-16 when taking Clomid. Once your predictor kit indicates that ovulation may occur, have intercourse every day for the next 3 days. It is best to avoid personal lubricants such as K-Y jelly during intercourse.