

## Letrozole

### What is Letrozole?

Letrozole is a fertility drug to stimulate and /or regulate ovulation and is sometimes used as an alternative to Clomifene. Letrozole is an aromatase inhibitor and works by lowering the production of estrogen. Letrozole has also been shown to be effective at inducing ovulation in fertility patients and may be more effective than Clomifene in certain patients. Treatment may increase the chance of a twin pregnancy.

### How do I take Letrozole?

- The first day of your period is Day 1 of your cycle. Take your Letrozole tablets from Day 2 to Day 6, even if your period is longer or shorter than this.
- If you spot for a day or two, ensure that it is a proper period before starting Letrozole.
- When you commence your first Letrozole cycle ring Mr Swanton's secretary to book a scan

0118 955 3047

- We will then organise an ultrasound scan between days 10-14 of your cycle.
- Please abstain from sexual intercourse for 24 hours prior to your scan.
- If you have a positive home pregnancy test please ring the clinic to arrange an early pregnancy scan.

### What is Letrozole prescribed for?

Letrozole is generally prescribed for the following situations:

- Anovulation (irregular or absent cycles).
- Polycystic ovarian syndrome.
- Poor response to Clomifene.
- Over-response to Clomifene.
- Concerns over a thin womb lining.

### What are the possible side effects?

Generally, side effects are mild and not particularly troublesome. However, at higher doses you may experience:

- mood swings
- nausea and vomiting
- breast tenderness
- headache
- blurred vision
- fatigue
- muscle aches

Treatment with Letrozole is off-license as the drug company has not applied for a specific license to allow treatment for fertility and is therefore not approved for ovulation induction. However, the use of Letrozole for ovulation induction does appear to be safe and has been in practice for several years. Talk to your doctor or pharmacist before taking Letrozole

- if you have a severe kidney disease
- if you have a severe liver disease

For further information please go to:

[https://britishfertilitysociety.org.uk/downloads/ms\\_26097.pdf](https://britishfertilitysociety.org.uk/downloads/ms_26097.pdf)