

What happens if I do not conceive?

If the scans and blood tests show that you have responded well and ovulated in your first cycle, continue to take Letrozole in your next menstrual cycle. Please contact the fertility nurses for a further prescription of Letrozole. You should not need further monitored scans.

What do I do if I have not responded to Letrozole?

If the scans show that the ovaries have not responded to Letrozole, the dose of Letrozole can be increased or other medications can be tried. The treatment will be monitored by scans. Please do not change your dose without instruction from the fertility team.

What do I do if I have over-responded to Letrozole?

If the scans show that your ovaries have over-stimulated, the dose of Letrozole may be reduced in your next cycle. You will be advised to have protected intercourse (with condoms) to avoid the risk of multiple pregnancies. Please let the fertility team know if you feel unwell.

What do I do if I have a positive pregnancy test?

If you have a positive pregnancy test, please let the fertility nurses know on 020-7288-3776. They will arrange for you to have a scan at seven weeks to confirm the pregnancy.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Ovulation induction treatment using Letrozole

A patient's guide



What is letrozole?

Letrozole is a fertility drug used to help patients conceive. It works by indirectly stimulating the ovary to produce more follicles, which are fluid filled sacs within the ovaries in which the egg develops. By doing this, Letrozole helps with the release of an egg (ovulation).

What are the possible side effects and risk of treatment?

The main side effects include abdominal pain, alopecia, gastro-intestinal changes, joint pain, mood change, dry skin, headache and flushing.

There is a small risk of multiple pregnancies.

There is a rare risk of ovarian hyperstimulation (OHSS); this is when the ovaries become enlarged with multiple follicles, causing symptoms of abdominal discomfort and bloating.

How effective is Letrozole?

Most women will ovulate over six months of treatment. The pregnancy rate is approximately 30 percent.

What is the treatment process?

Day ONE of menstrual cycle: contact the fertility nurses on 020-7288-3776 to arrange a scan. Please leave a message if the nurses are not available.

Day TWO of the cycle: start Letrozole as advised by the fertility team; take one tablet every day for five days.

When do I start Letrozole if I have irregular cycles?

If you have irregular cycles, you may be prescribed Provera which can help induce a bleed. You will need to take a pregnancy test before taking Provera.

Scanning during the treatment process

Your initial scan may be between days 9-12 of your cycle. The scans will be in Clinic 4C between 8:30-9:30AM, and are performed transvaginally. You will need to have an empty bladder for the scan.

At each scan, the lining of the womb (endometrium) will be measured. Each ovary will also be assessed, and the size of the follicles measured. The fertility nurses will explain the scan results to you. You may need up to six scans over a two week period, and the results will be plotted on a chart to monitor your progress.

Your fertile period is when your follicle(s) are found to be 17mm or more. You will be advised to have sexual intercourse on alternate days during this time as this is your best chance of conceiving.

Some patients may require a 'trigger' injection (hCG injection). This helps the follicle to release the egg.