

CLOMIPHENE CHALLENGE TEST

Your doctor has asked you to do a Clomiphene Challenge Test (CCT) as part of your infertility work-up. The CCT helps determine whether you have low ovarian reserve. An abnormal CCT accurately identifies those women who have diminished egg quality but a normal result does not always indicate good egg quality. In other words, a normal result may not be conclusive evidence of normal ovarian reserve. In a younger woman (age < 35-38) an abnormal CCT predicts a resistance to ovarian stimulating agents. In women over 38, an abnormal CCT predicts both a resistance to ovarian stimulating agents as well as low egg quality. The CCT involves a blood test (FSH and Estradiol) on cycle day 2-5 followed by a medication (clomiphene) for 5 days and then a follow-up blood test (FSH) on cycle day 10. At NCRS, we combine this with an antral follicle count on CD 2-5 for additional information on the quantity of eggs available.

Important Facts

- Normal FSH levels are generally <10 mIU/ml. Abnormal levels are >12 mIU/ml.
- Pregnancy rates are ≤ 5% for values >12 mIU/ml and essentially 0-1% for levels ≥14 -18 mIU/ml (depending on age).
- FSH levels vary from cycle to cycle but we predict fertility rates based on the WORST value.

Test Directions

1. Cycle day 1 is the first day of full menstrual bleeding by bedtime. Call the office to schedule the first blood test and ultrasound.
2. We will schedule you to come to the clinic for a blood draw and ultrasound on cycle days 2-5 (cycle day 3 is preferred). Blood tests include FSH and estradiol. The ultrasound is for an antral follicle count.
3. Please begin taking clomiphene citrate, 50 mg, 2 tablets (total of 100 mg) on cycle day 5, and continue to taking two tablets daily on cycle days 6, 7, 8 and 9 for a total of five consecutive days.
4. Take both pills together each morning.
5. It does not matter whether you take the pills with or without food.
6. Please return to the clinic for a blood draw on cycle day 10 for another serum FSH level. This blood test must be done on cycle day 10. We are available to draw this sample on weekends. Please call the office to schedule the time.

Clinic Hours

Please call for an appointment to have your blood test during morning monitoring hours.

Please sign in at the front desk for the blood test.

Kirkland office: Monday through Friday - 7:30-9:30 AM. Weekends: 8:00 to 10:00 AM

Seattle office: Monday through Friday - 7:30-9:00 AM.

Weekend blood draws require advance scheduling.

Out-of-town patients:

- We can provide a prescription for the lab work at a local lab if needed. Both blood tests should be done at the same lab.
- Please arrange to forward the test results to your NCRS physician. Results can be FAX'ed to (425) 899-9803, attn.: nursing department