



**Yorkshire
Fertility**

Individualised care closer To Home



Letrozole Therapy

Letrozole Therapy

What is Letrozole?

Letrozole is a fertility drug to stimulate and /or regulate ovulation and is used as an alternative to Clomifene. Letrozole is an aromatase inhibitor and works by lowering the production of oestrogen. 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.

What are the benefits of taking Letrozole?

The benefits of taking Letrozole tablets are to encourage or regulate ovulation to achieve a pregnancy. The halflife of Letrozole is very short (2 days) compared to Clomiphene. This means the medication is metabolized more rapidly and the side effects are less. Letrozole does not affect the cervical mucus or endometrial (womb) lining as much as Clomiphene. This is better for sperm transport in the cervix and a more favourable lining for implantation

How do I take Letrozole?

The starting dose is usually 2.5mgs

- 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 Yorkshire Fertility to book a scan.
- We will then organise an ultrasound scan around the 10 th day of your cycle. The scans will be done on alternate days (Monday to Friday) to track response to medication and measure growth of follicles and confirm ovulation. The number of scans required may vary between 2 and 5 over a period of 10 days.

- A nurse/Doctor will see you after your scan to explain the results to you and to plan a progesterone blood test at the appropriate time of your cycle. (Generally 7 days after Ovulation is confirmed on Ultrasound scan). The subsequent months you need to continue Letrozole in the same dose.

What happens after the first month of treatment?

Most patients will ovulate following treatment with one or two tablets of the Letrozole a day. Some patients may require higher doses and others may not ovulate at all. Under these circumstances alternative treatments will be discussed.

Once ovulation has been confirmed it is usual to continue on the same dose for the next six cycles. If a pregnancy has not occurred after three ovulatory cycles you will be

asked to see the Consultant.

What is Letrozole prescribed for in fertility?

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.

Letrozole (Femara) is a medication approved for the treatment of breast cancer

Talk to your doctor or pharmacist before taking Letrozole:

- If you have a severe kidney or liver disease.

For further information please go to: https://britishfertilitysociety.org.uk/downloads/ms_26097.pdf

Dosage

Take.....tablets from day 2 of your period for 5 days.

Instructions for Ovarian Cycle Tracking

Please contact Yorkshire Fertility between 9.30am and 4.00pm weekdays on 01422 261344 as soon as possible after the start of your next period. An appointment will then be made for cycle tracking from approximately the 10th day of your cycle. Alternatively if you are having treatment at Pinderfields Hospital please contact 01924 541134.

Cycle tracking involves a trans-vaginal ultrasound scan of your ovaries. You need an empty bladder for this procedure. You will normally be requested to attend alternate days for approximately one week for this procedure.

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.

I have read this leaflet and understand that Letrozole is not currently licensed or being marketed for fertility treatment in the UK.

Signed.....

Print name.....

If you would like this information in another format or language contact the above.

Czech

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Hungarian

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Polish

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

Punjabi

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

Urdu

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

If you have any comments about this leaflet or the service you have received you can contact:

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