



Houston IVF

Leaders in Fertility Research and Care

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Patient Information Sheet

Clomid Challenge Test

Women are born with their lifetime supply of eggs within the ovaries. Each month follicles, each of which contains one egg, are recruited under the influence of follicle stimulating hormone. One follicle will become dominant, develop to maturity, and be ovulated.

Ovarian Reserve is a measure of the “quality” of the egg remaining within the ovaries. Ovarian reserve naturally declines as a woman ages and approaches the menopause. However, diminished reserve can occur in younger women due to perimenopause, genetics, or for unknown reasons.

In the standard infertility evaluation, levels of the hormones Follicle Stimulating Hormone (FSH), Luteinizing Hormone (LH), and Estradiol are measured on Day 3. An elevated FSH level on Day 3 is one indication of poor ovarian reserve or that menopause is approaching.

The Clomiphene Citrate Challenge Test (CCCT) provides an additional assessment of ovarian reserve. It is performed by measuring the Day 3 FSH and Estradiol levels, the patient takes 100mg of Clomid on Cycle Days 5-9, and her FSH is measured again on Day 10. The test is abnormal if either the Day 3 or Day 10 FSH values are elevated or if the Day 3 Estradiol is greater than 80 pg/ml.

A poor CCCT test, regardless of patient age, indicates that there will be a decreased response to injectable medications in assisted reproductive technology cycles. Pregnancy success rates are lower in these women and there is an increased chance of miscarriage.

Procedure for Clomid Challenge Test:

- Cycle Day 1:** This is the first day of full flow prior to 5:00 p.m. Please call the office to schedule your blood test and sonogram.
- Cycle Day 3:** Obtain blood test (Estradiol, FSH, and LH) and ultrasound. The Ultrasound is performed to make certain that you do not have any large cysts on your ovaries that could result in a falsely abnormal CCCT.
- Cycle Day 5-9:** Take 100 mg of clomiphene citrate each day, at approximately the same time each day.
- Cycle Day 10:** Obtain blood test.