

INFERTILITY QUIZ KEY

Name _____

Therapeutics II

HRT/Infertility Quiz

March 2004

CC: "I'm still not pregnant after 15 months of being off the pill."

HPI: A 32yo AAF and her husband (35yo) are attempting to get pregnant. She discontinued her Ortho-Tricyclen 15 months ago. She has experienced only four menstrual cycles since discontinuation. She began her current period today. Her previous menstrual cycle began 3 ½ months ago. She started menses at age 16 and had a history of oligo-ovulation. She started the oral contraceptive pills to help regulate her cycles. No other abnormalities were found during her and her husbands complete history and physical.

PMH: Allergic rhinitis

Current Medications

Nestabs Rx Prenatal Vitamins 1 tab po QD

APAP 500 mg QID prn HA (uses 1x/mo)

1. Her ObGyn wants to start her on a medication to stimulate ovulation. Recommend appropriate therapy. (Drug +1, Dose +0.5, Directions with duration +1)

Clomiphene (Clomid) (+1) 25-50 mg (+0.5) po QD on cycle days 5-9 (+1)

2. You, the clinical pharmacist, need to educate this patient and her husband on this medication. (Purpose +1, Potential ADRs +3, When to notify the MD +2)

Purpose: clomiphene will help induce ovulation to increase chance of conception (+1)

Potential ADRs: (+3 points total—must have 6 of 11)

- vaginal dryness
- thickened cervical mucus
- hot flashes
- moodiness
- weight gain
- abdominal pain around the time of ovulation
- abdominal symptoms (discomfort, distention, bloating, abnormal uterine bleeding)
- Visual disturbances (blurring, spots, flushes)
- Multiple gestation
- Ovarian cyst torsion or rupture
- Ovarian hyperstimulation

Notify your physician: (+2)

- Any visual changes
- Symptoms of ovarian hyperstimulation (increase in abdominal girth, nausea, pelvic pain, decreased urine output, weight gain >2.25 kg, dizziness, or SOB)

3. List three nonpharmacologic treatments to help increase fertility. (+0.5 for each)

- Eat a well balanced diet
- Avoid medications that can increase serum prolactin levels
- Have spouse avoid medications that can increase sperm levels
- Have spouse avoid high thermal exposures (fever, hot tubs, etc)
- Avoid ASA and NSAIDs before and around ovulation
- Loose weight

- Avoid excessive dieting or over strenuous exercise