

Letrozol®

Gynaecology

Your doctor suggests starting ovulation induction. This is a treatment with medicines that help your body start ovulation so that you can become pregnant. In this folder you can read what this treatment involves.

What is Letrozol®?

Letrozol® is a medicine in tablet form. It is usually used to treat breast cancer, but it also helps women who have no ovulation or an irregular ovulation. For this use, the medicine is not officially approved yet, but doctors often prescribe it. It works well for about 60 to 80% of women.

Letrozol® lowers the amount of oestrogen in the body. Because of this, the body makes more hormones that are needed to help an egg grow and to trigger ovulation.

The Dutch Society for Obstetrics and Gynaecology (NVOG) recommends Letrozol® as the first choice for inducing ovulation. The chance of becoming pregnant is higher than with the medicine clomiphene citrate (Clomid®).

Before the treatment

If you have no periods or very few periods, it may be necessary to bring on a period before starting Letrozol®. This is done with the medicine Duphaston®. You take one tablet per day for ten days. A few days after finishing the tablets, the bleeding will start. Before you start Duphaston®, it is important to do a pregnancy test.

The treatment

When you start Letrozol® for the first time, or if your dose has changed, we will do several ultrasound scans. This is called ultrasound monitoring. We check whether your eggs are growing well. This type of scan is called a follicle measurement.

When your period begins, you contact the clinic on the first day. If this is in the weekend, you may call on the second or third day. You tell us that you are starting Letrozol®. The medical assistant will then plan an appointment for an ultrasound.

Have you used Letrozol® before in the same dose? Then you can discuss with the doctor whether ultrasounds are still needed. If you no longer come to the clinic for ultrasound monitoring, it is important that you write down the first day of your period. This helps us calculate your cycle length. If your cycle is longer than 35 days, please tell us.

If you become pregnant, always let us know.

Starting Letrozol®

You take Letrozol® for five days in a row. You start on the fifth day of your period. The day you have bright red bleeding counts as day one. Your doctor will tell you how many tablets you should take per day. This may be one, two, or three tablets.

Duration of the treatment

The treatment with Letrozol® lasts five days each cycle.

After the treatment

If you are not pregnant after five or six cycles, you will be advised to make an appointment with your doctor. During this appointment, you will discuss how to continue the treatment.

Possible complications and side effects

Most women have few side effects from Letrozol®. Sometimes hot flushes or tiredness occur. If you develop serious symptoms, contact the clinic. Letrozol® does not increase the chance of twins and does not increase the risk of birth defects.

Emergency after visiting DC Klinieken

In case of an emergency, call: 088 0100 998.

Insurance

DC Klinieken has contracts with all health insurers. This means that almost all care is reimbursed, just like in the hospital. You do need a referral from your (general) doctor. Please be aware of your own deductible. More information about reimbursements and possible exceptions can be found at: www.dcklinieken.nl/vergoedingen.

Questions

For more information and answers to frequently asked questions, go to: www.dcklinieken.nl/contact or contact our Service and Information Centre at 088 0100 900.