

Letrozole/Femara

Letrozole is a drug commonly used in fertility treatment. It is sold under the trade name Femara. **Letrozole** is part of a family of drugs called aromatase inhibitors. Essentially it works by causing your body to produce more of the hormones that stimulate the ovaries. Letrozole/Femara is used at ONE Fertility for several reasons. First, this drug can be used to induce an egg or eggs to develop and be released in women who are not ovulating on their own. Second, this drug can also be used to increase the chances of pregnancy in women who are already ovulating. Third, this drug can be used to lower Estrogen levels when medically indicated. This drug can be used on its own or in combination with other medication. *Please book a follow up with your doctor if you have tried this medication 3 times without success!

Letrozole/Femara pregnancy success rates per treatment. Please speak to your doctor about your specific success rate. There are various factors that influence success rates. Some factors include age, treatment plan, and diagnosis.

Letrozole/Femara Risks:

- Under response to medication, ie no egg develops, which will result in cycle cancellation
- Over response to medication, ie multiple eggs develop, which will result in cycle cancellation
- Twins or multiple pregnancy

Letrozole/Femara side effects:

Letrozole/Femara works based on its ability reduce estrogen levels. Low estrogen levels can cause a woman to have symptoms. Some possible side effects include:

- Hot flashes
- Headaches
- Breast tenderness
- Trouble sleeping

Letrozole/Femara Protocol:

- Call the office on Day 1 of your period. Book an appointment for day 10 of your cycle (unless a doctor or nurse has told you otherwise). Please specify to reception if your plan is to do an intercourse cycle or an IUI cycle. You will have a blood test and ultrasound when you arrive for your appointment. Ask the receptionist if a full bladder is required for you appointment.
- Start the Letrozole/Femara on day 3 of your period for 5 days as directed by your doctor. While it does not matter what time of day you take your medication please try to take it at the same time each day.
- After your day 10 appointment a medical team member will review your ultrasound with you and tell you what to do next depending on your results.
- As part of your treatment we may order a ‘trigger shot’ to make you ovulate.