

Letrozole (also known as Femara) is a medication manufactured for the treatment of breast cancer. However, studies have shown that Letrozole can be effective for ovulation induction. If you elect to go ahead with a Letrozole treatment, it will be given orally usually in a dose between 2.5 to 7.5 mg from Day 3 to Day 7 of the menstrual cycle with Day 1 being the first day of normal menstrual flow.

It is used to induce ovulation and the dose is titrated up each cycle to the dose required to achieve ovulation. Ovulation usually occurs 5 to 8 days after the last tablet is taken. Couples are advised to have intercourse every other day during this time. Letrozole is also given to augment ovulation for patients with infertility of unknown origin.

Side effect may include abdominal bloating, moodiness, dizziness, fatigue, headache and occasional hot flashes or visual disturbances. If you have visual disturbances, please contact Dr. Kyle and stop the medication. Letrozole may very rarely cause significant ovarian enlargement and mild hyperstimulation syndrome. Letrozole is associated with a 5 to 7% incidence of multiple births. The vast majority of these are twin pregnancies. Letrozole may be used for up to 6 cycles and if a pregnancy has not been achieved, an alternate mode of treatment may be considered.

In 2005, the manufacturer of Letrozole issued a contraindication for the use of Letrozole in women trying to conceive due to the risk of fetal malformations. This initial reaction was based on the abstract of 150 babies born to women using Letrozole. Subsequently, multiple large, good quality studies have demonstrated no increased risk of fetal malformation versus the general population. Therefore, Mother Risk (a program based at Sick Kids Hospital which monitors drug safety in pregnancy) issued the following statement about Letrozole in 2008. "Based on the aforementioned, the use of Letrozole to induce ovulation does not appear to be associated with an apparent increased risk of major congenital malformations in humans." I have attached a copy of the joint position statement from the Society of Obstetricians and Gynecologists of Canada and the Canadian Fertility Andrology Society position statement on the use of Letrozole for the management of infertility.

#### LETROZOLE INSTRUCTIONS:

1<sup>st</sup> day of bleeding equals cycle day 1

Start letrozole cycle day 3 and take two tablet daily until cycle day 7 (2 pill a day for 5 days)

If no period by day 35 take pregnancy test and call Dr Kyle if positive.

Repeat next cycle