



## Patient Information: Enclomiphene (Oral Compounded)

### What is Enclomiphene?

Enclomiphene is a non-steroidal selective estrogen receptor modulator (SERM) derived from clomiphene citrate. It is primarily used to stimulate the body's natural production of testosterone in men, especially in cases of secondary hypogonadism (low testosterone due to pituitary dysfunction).

### How Does It Work?

Enclomiphene works by blocking estrogen receptors in the brain (specifically the hypothalamus and pituitary gland). This increases the release of luteinizing hormone (LH) and follicle-stimulating hormone (FSH), which then stimulate the testes to produce more testosterone and sperm.

### Indications for Use:

- Secondary hypogonadism (low testosterone due to inadequate pituitary signaling)
- Men desiring fertility preservation while increasing testosterone
- Testosterone optimization in younger men
- Off-label use in men experiencing symptoms of low testosterone with normal total T but low free T

### Dosage & Administration:

- Typical starting dose: 12.5–25 mg orally, once daily
- Must be taken at the same time each day
- Taken with or without food

Note: Dosage may be adjusted based on lab results and symptom response.

### Potential Side Effects:

Most men tolerate Enclomiphene well, but potential side effects include:

- Headaches
- Mood changes or irritability
- Visual disturbances
- Increased libido
- Mild nausea
- Gynecomastia (rare)
- Elevated estrogen (in some cases)

#### Monitoring & Follow-Up:

To ensure safety and efficacy, routine lab work is required:

- Total & Free Testosterone
- LH and FSH
- Estradiol
- CBC (blood counts)
- Lipid panel
- Liver function tests

Initial labs: Before starting treatment

Follow-up labs: Usually 4–6 weeks after initiation, then every 3–6 months

#### Important Considerations:

- Unlike testosterone replacement therapy (TRT), Enclomiphene preserves sperm production and fertility.
- Do not stop abruptly without medical supervision.
- Inform your provider of any medications or supplements you're taking.

#### Questions or Concerns?

Please contact your clinic if you experience any unexpected side effects, have questions about your dosing, or need lab follow-up.

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