

PRESCRIPTION MONOGRAPH

Compounded Active Ingredients: Enclomiphene Citrate

Form: Oral Capsule

Drug Class: Selective Estrogen Receptor Modulator (SERM); pro-gonadotropin agent

Mechanism of Action^{1,2}: Enclomiphene Citrate is intended to antagonize estrogen receptors predominantly in the hypothalamus and pituitary, interrupting the estrogen-mediated negative feedback on the hypothalamic-pituitary-gonadal (HPG) axis. This can lead to increased secretion of GnRH, which stimulates the pituitary to release LH and FSH—resulting in elevated endogenous testosterone synthesis and maintained spermatogenesis.

Indications Commonly Prescribed for:

- Secondary hypogonadism in men (increase testosterone levels *without compromising fertility*)
 - Use in female infertility related to ovulatory dysfunction, as the active isomer of clomiphene
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Before Use: Let your health care provider know if you have any medication allergies before you take this compounded preparation. Let your health care provider know if you have any liver or kidney problems. Let your healthcare provider know of all supplements you are currently taking.

Contraindications:

- Pregnancy and lactation—use is contraindicated
 - Hypersensitivity to enclomiphene or clomiphene family drugs
 - Likely contraindicated in patients with estrogen-sensitive tumors or thromboembolic history
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Cautions: Let your Healthcare provider know if you experience any adverse side effects.

How to Use: This compounded preparation is in the form of an oral capsule. Swallow the capsule whole with a glass of water. Do not chew or crush the capsule. If you miss a dose, take as soon as you remember, but not at the time for the next dose. Desired results may take up to several weeks.

Warnings and Precautions:

May cause estrogenic-related adverse effects, though fewer than clomiphene due to the absence of the zuclophene isomer.

Adverse Reactions:

Common:

- Headache
- Hot flashes
- Nausea, dizziness, fatigue
- Acne, irritability

Serious, but Rare:

- Deep vein thrombosis
 - Pulmonary embolism
 - Ischemic stroke
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Interactions: Enclomiphene is metabolized via CYP2D6 and CYP3A4; thus, co-administration with inhibitors or inducers may alter drug levels.

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Use in Specific Populations:

- Men with secondary hypogonadism: Preferred to preserve fertility
 - Female infertility: Used to induce ovulation in cases like PCOS.
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Storage:

- Store in original container at room temperature (up to 30°C or 86°F)
 - Store in a cool dry place away from heat, sunlight, and moisture
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Monitoring Parameters:

- Serum levels: Total and free testosterone, LH, FSH
 - Fertility markers: Semen analysis
 - Adverse effect surveillance: thromboembolic signs, mood changes, headaches
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Citations:

1. Wexler TL. Enclomiphene Citrate Improves Hormone Levels While Preserving Sperm Production in Men With Secondary Hypogonadism. *Fertil Steril*. 2014;102(3):720-727. Updated May 11, 2016. Accessed August 20, 2025.
2. Wiehle RD, Fontenot GK, Wike J, Hsu K, Nydell J; Lipshultz L; ZA-203 Clinical Study Group. Enclomiphene citrate stimulates testosterone production while preventing oligospermia: a randomized phase II clinical trial comparing topical testosterone. *Fertil Steril*. 2014;102(3):720–727. doi:10.1016/j.fertnstert.2014.06.004