



## Fertility & Women's HEALTH CENTER OF LOUISIANA

*Helping couples build families.*

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### Ovulation Induction Bromocriptine (Parlodel®) or Cabergoline (Dostinex®)

Bromocriptine and cabergoline are used to treat women whose ovulation cycles are irregular due to an elevated level of prolactin, the hormone that stimulates milk production in new mothers. This is usually caused by a pituitary adenoma, a benign tumor in your pituitary gland that secretes an excess of prolactin. The resulting condition is known as "hyperprolactinemic amenorrhea" and is a rare cause of fertility problems. Bromocriptine and cabergoline works by inhibiting the production of prolactin.

Bromocriptine is a pill that is available to use by mouth or in your vagina. Once your prolactin level is normal, usually after several months of treatment, you should begin to menstruate and ovulate again. You and your partner may then try to conceive naturally. If conception does not occur after ovulating for a few months, your doctor may recommend additional treatment.

Bromocriptine can be safely used for several years and does not increase your risk of having multiples pregnancies. At the start of therapy some women experience nausea, dizziness, fatigue, diarrhea, and headaches. These symptoms often decrease as the woman's body adjusts to the medication.

About 90 percent of women ovulate for as long as they continue taking bromocriptine. Of those women who ovulate, 65 percent to 85 percent conceive.

Cabergoline is a tablet that is given twice a week with a lower chance of nausea and dizziness. It has not been approved for use in fertility by the FDA, but still offers excellent success in this area.

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