

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan hasil studi literatur pada 8 jurnal mengenai efektivitas dan efek samping klomifen sitrat pada penyakit PCOS, dapat disimpulkan:

1. Klomifen sitrat memiliki efektivitas yang baik dimana tingkat ovulasi dan kehamilan cukup tinggi dan dosis yang memiliki efektivitas yang paling baik adalah 100 mg. Penggunaan klomifen sitrat dengan protokol stair-step memiliki efektivitas yang lebih baik daripada penggunaan klomifen sitrat standar.
2. Efek samping klomifen sitrat terdiri dari efek samping ringan hingga berat. Efek samping ringan meliputi efek samping ringan meliputi: vasomotor symptoms (10%), sakit kepala dan mual muntah (3,5%), gangguan mood (69%), gastrointestinal. Efek samping berat: gangguan visual (<2%) dan penipisan dinding endometrium. Efek samping ini dapat hilang jika penggunaan klomifen sitrat dihentikan.

5.2 Saran

1. Klomifen sitrat memiliki efektivitas yang baik dalam pengobatan PCOS. Penggunaan klomifen sitrat dapat dihentikan ketika pasien mengalami efek samping berat.
2. Masih perlu dilakukan penelitian lebih lanjut mengenai efektivitas dan efek samping klomifen sitrat pada penyakit PCOS.
3. Masih perlu dilakukan pencarian jurnal pada *search engine* yang lebih luas sehingga jurnal yang diperoleh lebih banyak.

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