

## Heavy Menstrual Bleeding

- Excessive menstrual blood loss that interferes with quality of life.

### History

- Menstrual cycle
- Degree of blood loss - how many tampons/pads?
  - do you pass clots?
  - tampon and pad and still leak?
  - feeling of flooding?
- Inter-menstrual bleeding
- Post coital bleeding
- Discharge
- Abdominal/pelvic pain
- Symptoms of anaemia eg. lethargy

### Symptoms and risk factors requiring further investigations and referral

- Erratic or inter-menstrual bleeding
- Uterus larger than 8-10 week gravid uterus
- Post-coital bleeding
- Dyspareunia
- PCOS
- Infertility
- Nulliparity
- FH endometrial or colon cancer
- Exposure to unopposed oestrogens

### Investigations

- FBC in all women with heavy menstrual bleeding
- Co-ag - ONLY if HMB since menarche or FH
- TFT's – ONLY if other signs of disease
- Ferritin and hormone levels not needed routinely
- USS if - uterus is palpable abdominally
  - Pelvic mass on PV
  - If pharmaceutical treatment fails
- Biopsy – consider if >45yrs or IMB or following treatment failure
- Hysteroscopy if USS is inconclusive

### Treatment

1. Levonorgestrel releasing intra-uterine device (Mirena)
2. Tranexamic acid *or* NSAIDS *or* COCP
3. Norethisterone 15mg OD day 5-26 *or* IM progestogens
4. Gonadotrophin-releasing hormone analogue
5. Endometrial ablation
6. Uterine Artery Embolisation, Myomectomy, Hysterectomy

# Care pathway for heavy menstrual bleeding

