

Referral Pathway Guidance: Heavy Menstrual Bleeding

This is defined as excessive menstrual loss which interferes with quality of life. Patient perception of treatment success is paramount. The vast majority of women will have dysfunctional uterine bleeding or benign conditions e.g. fibroids. Many women will respond well to medical management and the Mirena IUS can be used as a first line option if at least a year of use is anticipated.

Suggested actions by GP

- Abdominal and pelvic examination
- Cervical cytology where required
- Full blood count
- Consider STI and screen where appropriate
- Offer first line treatment: tranexamic acid, mefenamic acid or Mirena (where feasible)

Indications for Referral

Women over 45

Red-flag symptoms

Failure to respond to first-line treatment

Information for patients

www.nhs/conditions