

## PMS

PMS is classified depending on the severity of symptoms and the diagnosis should be based on prospective recording using a symptom diary over at least 2 cycles. All women should be offered general lifestyle advice including regular exercise, smoking cessation, alcohol restriction, regular sleep and stress reduction.

### Suggested GP actions

- For mild cases, lifestyle advice and simple analgesia for general aches/pains may be sufficient
- In moderate cases, a trial of combined hormonal contraception for at least 3 months should be considered (cerazette if CHC unsuitable)
- In severe cases where the woman withdraws from activities a trial of CHC/cerazette should be considered. Refer to the gynaecology services at Sandyford on the 'other' gynaecology template or the nearest gynaecology unit if more appropriate for the woman

### Information for patients

- RCOG patient information leaflets [www.rcog.org.uk/managing-premenstrual-syndrome-pms-information-you](http://www.rcog.org.uk/managing-premenstrual-syndrome-pms-information-you)
- National Association for Premenstrual Syndrome website [www.pms.org.uk](http://www.pms.org.uk)