

Heavy Menstrual Bleeding & Endometriosis: All you need to know for MRCOG

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Heavy Menstrual Bleeding – NICE NG 88

- Definition

- Menstrual bleeding that is >7 days (CDC)
- What does NICE say? – defined by impact on quality of life rather than volumetric assessment

- History

- Nature of bleeding
- Other symptoms
- Impact on quality of life
- Co-morbidities or previous treatment
- Consider pharmacological treatment (NICE Terminology Alert!)

Heavy Menstrual Bleeding – NICE NG 88

- Physical Examination

- HMB + other symptoms – Offer a physical exam
- Levenogestrel intrauterine system - *Carry out a physical examination before all investigations or LNG-IUS fittings. [2007]*

- Investigation

- Full blood count
- Any other blood test?
- What do you not do?

Heavy Menstrual Bleeding – NICE NG 88

- Investigation
 - Ultrasound
 - Who
 - Fibroid
 - Adenomyosis
 - Others
 - Endometriosis
 - Hysteroscopy
 - Who – history
 - Outpatient – analgesia – vaginoscopy
 - See and treat
 - Alternatives
 - What happens if they decline outpatient hysteroscopy/ hysteroscopy
 - Endometrial Biopsy – who

Heavy Menstrual Bleeding – NICE NG 88

- Treatments
 - **Consider** starting pharmacological treatment for HMB without investigating the cause if the woman's history and/or examination suggests a low risk of fibroids, uterine cavity abnormality, histological abnormality or adenomyosis. [2018]
- Shared decision-making
- Options
- LNG-IUS
 - First line
 - Fibroid <3cm – not distorting uterine cavity
 - Adenomyosis
- Non-Hormonal
 - Tranexamic Acid
 - NSAID's

Heavy Menstrual Bleeding – NICE NG 88

- Hormonal
 - Combined hormonal contraception
 - Cyclical oral progestogens
- Fertility
 - Impact of treatment on fertility
- Unsuccessful treatment
 - Other pharmacological options
- Endometrial Ablation
- Uterine artery embolization
- Transcervical resection of uterine fibroids

Heavy Menstrual Bleeding – NICE NG 88

Fibroids >3cm in size

- Non-hormonal
- Hormonal
 - LNG-IUS
 - Combined oral contraceptives
 - Cyclical oral progestogens
 - [Ulipristal Acetate](#)
- UPA
 - Intermittent treatment in moderate to severe symptoms
 - Liver injury
 - Liver function tests

Heavy Menstrual Bleeding – NICE NG 88

- Surgery
 - Transcervical resection of fibroid
 - Myomectomy – ([morcellation](#))
 - Hysterectomy
 - Route
 - Type of hysterectomy
 - Ovaries
 - ??

WHAT IS THE ABNORMALITY?



Endometriosis NG 73 & ESHRE

- Symptoms and signs
 - Chronic pelvic pain
 - Specific features
- Physical Examination
 - Abdominal and pelvic examination
- Investigations
 - Ultrasound – TV
 - Endometrioma – Association?
 - TV scan no appropriate

Endometriosis NG 73 & ESHRE

- Investigations
 - CA-125
 - MRI Pelvis
- Diagnostic laparoscopy
- Pharmacological Mx
 - Analgesics
 - Non-hormonal
 - Hormonal

Endometriosis NG 73 & ESHRE

- Surgical
 - Confirm priority
 - What surgery involves
 - Benefits and risks of surgery
 - Recurrence of endometriosis
 - Need for further surgery
 - Pre surgical treatment – (consider)
 - Route of surgery
 - Type of surgery
 - Post surgical treatment

Endometriosis NG 73 & ESHRE

- Surgical treatment with Hysterectomy
 - Consider indication
 - Other considerations
 - Hysterectomy with or without oophorectomy
 - Recurrence of endometriosis
 - Menopausal status of patient
- Fertility optimising surgery
 - Offer excision or ablation of endometriosis
 - Offer ovarian cystectomy
 - Risks of surgery on ovarian reserve
 - Other fertility parameters
- Follow up



