

HerLife HerHealth



PRIMARY CARE
WOMEN'S HEALTH FORUM

5 top tips for managing heavy menstrual bleeding (HMB)

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5 top tips for managing heavy menstrual bleeding (HMB)

1.

Always ask a woman about the impact that HMB is having on her life, offer her information on all the treatment options, and involve her in the decision-making process.

2.

Arrange a FBC in all women with HMB, and consider other blood tests only if clinically indicated. Perform cervical screening if due.

3.

Symptoms such as persistent intermenstrual bleeding, pelvic pain, pressure symptoms and post-coital bleeding should prompt a physical examination and/or investigation.

4.

Women with persistent intermenstrual or persistent irregular bleeding, women with infrequent heavy bleeding and those with risk factors for endometrial pathology (including obesity) should be referred to a dedicated outpatient hysteroscopy service.

5.

LNG IUS is very effective in managing HMB and should be considered first line hormonal treatment.
