

Post Menopausal Bleeding clinic

What you need to know..

What is postmenopausal bleeding?

Post Menopausal Bleeding (PMB) is vaginal bleeding that happens after your periods have stopped.

What causes PMB?

There can be several causes for bleeding after the menopause. It can be due to:

- thinned vaginal skin (called atrophic vaginitis),
- cervical or womb polyps,
- HRT
- occasionally abnormalities of the cervix (neck of the womb) or abnormalities within the womb itself.

Rarely, cancer of the cervix or womb, (only about 1 in 20 women who have had some post menopausal bleeding.)

What will happen in the clinic?

- First, we will take a brief history.
- Then, an ultrasound scan to look at the lining of your womb will be done. This is usually done with a small scanning probe that goes inside the vagina. It is not usually painful.
- If the lining of the womb is very thin (less than 4mm), it is very unlikely that you have cancer of the womb.
- The doctor will then perform a speculum examination (like having a smear) to look for any other causes of bleeding.
- If the lining of the womb measures more than 4mm, the doctor will need to try and take a biopsy (a sample of the womb lining). This can usually be done in the clinic, by passing a thin straw through the neck of the womb and sucking out a sample of tissue. This can cause some period type pain at the time and some bleeding immediately afterwards, so you may need some paracetamol and to wear a pad for the next few hours.
- Sometimes women can find this procedure more painful and ENTONOX commonly known as gas and air is available in every room if required.

Occasionally it is not possible to take the sample in clinic as the neck of the womb may be tightly closed - in this case we would refer you for a procedure called a hysteroscopy. This can be done under local or general

- anaesthetic, depending on what the doctor thinks is most likely to be successful in your case.
- The reason for taking this sample is so that it can be looked at under a microscope, looking for evidence of cancer.

What happens next?

- If the lining of your womb is thin and there is no other obvious cause for your bleeding, you will be discharged back to your GP. There is no need for us to see you again unless you have further bleeding - if this happens contact your GP again immediately
- If the lining of the womb is thin, but there is an obvious benign cause (ie not cancer) you may be offered some treatment and referred either back to your GP or to one of the other gynaecology consultants
- If the lining of the womb is thickened on scan and you have had a biopsy, the biopsy will be sent to the lab urgently. It takes less than two weeks for these results to come back.
- Once we receive the result in the clinic, one of the doctors will review the result. If everything looks normal, you will receive a letter informing you of this. You should have this letter within 3 weeks of the date of your original appointment
- If there is anything on the biopsy that needs further discussion i.e. cancer, or some abnormal changes that might be associated with cancer, you will be contacted by a doctor to discuss results and need for further investigations prior to clinic appointment.
- Please let us know at the consultation if you are not happy to be contacted over the phone.
- Cancer of the lining of the womb is treatable in the early stages, which is when it often presents. So please don't be alarmed, but it is vitally important that you attend for any follow up appointments.

Any queries in regards to your appointment booking, please contact us on 02920746615.