

## Referral Support Service

Gynaecology

### GY08 Menopause

#### Definition

Diagnosed clinically and retrospectively after 12 months of amenorrhoea. FSH levels can be used as a marker of the perimenopause as well as patient's age, menstrual cycle and symptoms. FSH levels can be raised for 5-10 years before the menopause. Symptoms may start with fluctuations in the hormone levels and ovarian function and may require earlier treatment for symptom relief.

#### Exclude Red Flag Symptoms

Postmenopausal bleeding (PMB) is bleeding >12 months after last period  
For PMB- see guidelines on RSS website  
Heavy/irregular bleeding – [see guidelines polymenorrhagia on RSS website.](#)

#### Management

Follow NICE guidelines: [Menopause: Diagnosis and Management](#) Nov 2015  
This guideline should enable most women to be managed in primary care.

Before referral consider **Advice & Guidance** for help with management of any of the following  
-symptoms not settling on standard regimes  
-complex risk factors e.g. cancer, CVD, increasing migraine  
-unusual symptoms

Further advice by phone or email from [Menopause Clinic St James Leeds](#)

#### Referral Information

##### **Information to include in referral letter – Consider Advice & Guidance**

- Describe problem and length of symptoms
- Current contraception/hormone therapy
- If bleeding problems, findings of vaginal and speculum examination
- Smear History
- BMI
- Smoking status

#### Patient information leaflets/ PDAs

[www.menopausematters.co.uk](http://www.menopausematters.co.uk)

[www.thebms.org.uk](http://www.thebms.org.uk)-- British Menopause Society

[RCOG leaflet](#) - for patients who cannot or do not want to take HRT

## **References**

[NICE Guidance Menopause](#): Diagnosis and management Nov 2015

[Menopause - NICE CKS](#)

[FSRH Clinical Guidance](#) – Contraception for women over 40 years – July 2010