

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

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