

## Referral Support Service

## Gynaecology

### GY07

### Intermenstrual Bleeding

#### Definition

Vaginal bleeding (other than post coital) at any time in the cycle other than during normal menstruation.

#### Exclude red flags

- Postmenopausal Bleeding (PMB) i.e. bleeding >12 months after last period. PMB pathway
- Suspicious cervix on examination. Refer 2WW
- Persistent Intermenstrual bleeding (IMB) if >40 or other risk factors for endometrial cancer. (eg obesity, PCOS, unopposed oestrogen, tamoxifen) refer urgently and request USS

#### Management

- If more than 3 episodes of IMB; organize examination and swabs
- Remember chlamydia in under 25s.
- If any abnormality on pelvic examination: pelvic mass- organise USS.
- If swabs and examination are normal- trial of treatment: Mirena/COCP/ POP for 3 months.
- If women already on hormonal contraception unscheduled bleeding is common with all forms of hormonal contraception during the first 3 months of use, consider trialling a different hormonal preparation after this time
- Failure to respond to standard therapy - consider referral for hysteroscopy

#### Referral Information

- **Indications for referral**  
Failure to response to the above therapies
- **Information to include in referral letter**
  - Describe problem and length of symptoms.
  - Current Contraception
  - Smear history (including last smear & result) the patient will still be seen without this but if you can retrieve it automatically it speeds up the consultation. Do not perform smear outside of screening programme.
  - Relevant past medical/surgical history
  - Current regular medication
  - BMI/smoking status
  - Speculum findings (e.g. normal/ectropion/ cervicitis/cervical polyp)
  - Swab results; chlamydia and HVS
  - USS result
  - Treatments tried so far

#### Patient information leaflets/ PDAs

[NHS leaflet: What causes bleeding between periods?](#)

## References

NICE Guideline Heavy Menstrual Bleeding: assessment and management (NG 88)

NICE Guideline: [Suspected cancer: recognition and referral](#) (NG12)

Joint RCOG, BSGE and BGCS guidance for the [management of abnormal uterine bleeding in the evolving Coronavirus \(COVID-19\) pandemic](#)

Responsible GP: Dr Jacqui Caine Date published:  
Responsible Consultant: Miss Vijaianitha Nallendran  
No drugs in the guidance

Final: August 2021  
Next Review: 2026

© NHS Vale of York Clinical Commissioning Group – Version 1

The on-line version is the only version that is maintained. Any printed copies should, therefore, be viewed as 'uncontrolled' and as such may not necessarily contain the latest updates and amendments.