

The Post-menopausal Bleeding Clinic

- **Consultation**
- **Ultrasound**
- **Endometrial Biopsy**
- **Treatment Plan**

Welcome to the Post-menopausal Bleeding Clinic

Your doctor has referred you to the hospital as you have experienced some bleeding after your periods have stopped. We have a clinic set up to deal with this problem.

Our aim is to:

- Find out where the bleeding is coming from.
- Find out why you've had some bleeding.
- Take biopsies from the womb lining or cervix if necessary.

This leaflet gives you some information about what to expect when you arrive.

Consultation

You will be seen by a doctor or specialist nurse who will ask you about the bleeding and some general questions about your health. It would be very helpful if you could bring with you:

- Dates and amounts of bleeding.
- The date of your last cervical smear (and result).
- A list of any medications you are taking.

Ultrasound

In most cases it will be helpful to perform an ultrasound scan. With your permission, a small probe is passed into the vagina and a detailed picture of your womb and ovaries is obtained. The procedure is painless and you don't need a full bladder for this, in fact it is more useful if you have got an empty bladder.

Subsequent assessment

If the ultrasound is normal, you will also have an examination of the cervix and vagina to assess whether the bleeding has been coming from these areas. If the examination is normal, you can be reassured that all appears to be well and discharged.

If the ultrasound scan suggests that there is a problem within the womb, such as the presence of a polyp or thickening of the womb lining beyond 5mm, we will investigate further with a test called a hysteroscopy. This allows the womb to be examined with a camera, and for a biopsy to be taken. This outpatient test can usually be performed at the same initial appointment. An information leaflet about hysteroscopy is also included with this letter.

Treatment plan

A staff member will go over all the test results and plans with you. Many women can be discharged after just this one appointment. If any biopsies are taken you will be contacted with the results of these in due course. If you are discharged, it is important to bear in mind that any further bleeding experienced after three months should still be reported to your GP, and investigated again.

Some questions you may have

How long does the appointment take?

The whole visit could take up to an hour. This is because you may be having an ultrasound scan, an examination and a hysteroscopy at the same appointment.

Will I be able to go home afterwards?

Yes, you will be able to go home afterwards. We ask that all women take some simple pain relief (e.g. paracetamol and ibuprofen) about 30 minutes before their appointment time, as this can help with any discomfort if a hysteroscopy is performed.

Do I need to bring anyone with me?

It is not necessary to bring a friend or relative with you to clinic. Currently we are recommending no visitors with patients attending the hospital. There is always a nurse with the doctor in the clinic during the consultation and examination.

Will I get a letter explaining what's been done?

Yes, a copy of all letters written to your doctor from us can be sent to you if you wish.

Who do I contact for more information?

If you have any further questions, please don't hesitate to contact:

Miss Edey's sec 01392 406597

Mr Renninson's sec 01392 406596

Dr Hannemann's sec 01392 406614

Clinic 2..... 01392 406503

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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