
POSTMENOPAUSAL BLEEDING INFORMATION LEAFLET

What Is Postmenopausal Bleeding?

Any bleeding from the vagina following menopause is considered postmenopausal bleeding. Postmenopausal bleeding is caused by a variety of factors. They include:

- A thinned vaginal lining caused by menopause.
- Polyps (non-cancerous growths from the lining of the womb or cervix).
- Hormone replacement therapy (HRT) can thicken the womb lining.

Postmenopausal bleeding is usually not serious, but can indicate cervix, vagina, or womb cancer.

Precancerous or cancerous cells may be present in the womb lining of one out of ten women who suffer from postmenopausal bleeding. You might feel worried, but 90% of women with postmenopausal bleeding do not have cancer. Further investigation is necessary to rule out this possibility.

WHAT INVESTIGATIONS YOU MIGHT HAVE

Internal Ultrasound Scan

It is usually recommended that you have an internal ultrasound scan. The procedure involves inserting a finger like probe into the vaginal canal.

The results of the scan will be explained to you after the scan, as well as if further investigations are necessary. You will be discharged if no further investigations are required.

Biopsy

Biopsy is the process of obtaining a small sample of body tissue. If the ultrasound scan indicates the lining of your womb is thicker than normal, we will recommend a biopsy.

Polyp Removal

In the case of a polyp, a biopsy of the lining of the womb will be recommended, along with the removal of the polyp.

Hysteroscopy

A procedure called hysteroscopy may be offered to you. A hysteroscopy is a procedure through which the inside of the womb is examined. Hysteroscopy involves passing a thin telescope with a camera and light into your vagina and cervix. The specialist can see inside your womb by viewing images on a monitor. Most hysteroscopies are performed successfully as outpatient procedures. It is possible to experience pain during hysteroscopy. It is recommended that you take painkillers such as paracetamol or ibuprofen 30 minutes before your appointment. Prior to your appointment, please call the clinic if you take anticoagulants to thin your blood. There may be a need for you to stop taking this medication. The procedure will be performed under general anaesthesia if you are not able to tolerate a hysteroscopy in an outpatient clinic or if there are any problems. A biopsy of your womb's lining will be taken during your hysteroscopy. If there are any polyps, we may also remove them.

Sometimes you may have a biopsy of the lining of the womb (a pipelle) without having a hysteroscopy.

Please contact us if you would like to talk to us.



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