

NICE quality standards

Information for the public

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Information for women who use NHS services for heavy menstrual bleeding

The NICE quality standard for heavy menstrual bleeding sets out what high-quality care in the NHS in England should include, so that the best care can be offered to women with heavy menstrual bleeding using NHS services in England.

NICE quality standard for heavy menstrual bleeding

The quality standard for heavy menstrual bleeding is made up of 6 statements that describe high-quality care for patients. These statements are about the best care you should receive and are summarised below.

1. Women who seek help from their GP for heavy menstrual bleeding have a detailed medical history and blood samples taken.
2. Women with heavy menstrual bleeding that may be caused by another problem such as uterine fibroids (non-cancerous growths in the womb) are offered a physical examination before being referred for other examinations or tests.
3. Women with heavy menstrual bleeding are offered drug treatment straight away as long as there are no signs or symptoms of another problem such as uterine fibroids.
4. Women with heavy menstrual bleeding who are having further tests or waiting for treatment are offered temporary treatment with tranexamic acid (to



help reduce bleeding) or a non-steroidal anti-inflammatory drug (or NSAID for short – a drug that helps reduce bleeding and pain) to ease their symptoms.

5. Women with heavy menstrual bleeding and a normal uterus or small uterine fibroids who choose surgery have a recorded discussion about endometrial ablation (removal of the lining of the womb) as an alternative to hysterectomy (removal of the womb).

6. Women with heavy menstrual bleeding related to large uterine fibroids who choose surgery or radiological treatment have a recorded discussion about uterine artery embolisation (treatment to block the blood supply to uterine fibroids), myomectomy (removal of uterine fibroids) and hysterectomy.

Your care

In the NHS, patients and healthcare professionals have rights and responsibilities as set out in the NHS Constitution (www.gov.uk/government/publications/the-nhs-constitution-for-england). All NICE quality standards are written to reflect these. You have the right to be involved in discussions and make informed decisions about your treatment and care with your healthcare team. Your choices are important and healthcare professionals should support these wherever possible. You should be treated with dignity and respect.

Information from NICE about heavy menstrual bleeding

The full quality standard for heavy menstrual bleeding, written for healthcare professionals, is available from <http://guidance.nice.org.uk/QS47>.

NICE also produces guidance (advice) for the NHS in England and Wales about preventing, diagnosing and treating medical conditions, based on the best available evidence.

NICE has produced guidance on heavy menstrual bleeding, available from <http://guidance.nice.org.uk/CG44>. The guidance was used to develop this quality standard.

Information for the public about the care and treatment recommended in the NICE guidance on heavy menstrual bleeding is available from <http://guidance.nice.org.uk/CG44>. It is written to help patients, their families and carers to understand the care and treatment options that should be available in the NHS.

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