

The Post Menopausal Bleeding (PMB) Clinic

Patient Information

Introduction

The postmenopausal bleeding (PMB) Clinic is one of the gynaecological outpatient clinics situated in the Women & Children's Unit.

This leaflet is designed to give you details about your appointment and information about other investigations which may be required during your visit.

Why have I been referred to this clinic?

Your general practitioner (GP) has referred you to the PMB clinic because you have been experiencing some vaginal bleeding after the menopause ('the change').

A woman is considered to be menopausal or gone through 'the change' when a year has passed since her last period. Any bleeding after this time is considered to be abnormal and should be investigated.

Only a small proportion of women who bleed after the menopause have anything significantly wrong.

What happens at the appointment?

- The first part of your appointment involves having an ultrasound scan.
 - This is an internal scan with a small probe inserted into the vagina to assess your womb.
- The second part of your appointment will be to see the doctor and nurse in the PMB Clinic in the Gynaecology Day Suite.
 - You will be called into the clinic where the doctor or nurse will review the scan report and then ask you some questions.
 - You may be reassured at this point or you may require a further procedure (endometrial biopsy and/or a hysteroscopy) depending on the scan result.
 - If this procedure is required, a nurse will help you prepare for the procedure and will stay with you the whole time. The nurse will make you comfortable and answer any questions or concerns you may have.

Our Four Values:

People Centred

Positive

Compassion

Excellence

What is Endometrial Biopsy?

An endometrial biopsy is a sample of the lining of the womb.

- The biopsy is taken by using a small sterile plastic suction tube (Pipette) - which is passed through the opening of your cervix into your womb. The sample taken will then be sent for testing.
- If the biopsy is unsuccessful, the doctor will discuss with you the possibility of further investigations.
- You may experience some mild 'period like' crampy pain during the procedure.
- It may be advisable to take a mild painkiller such as paracetamol or ibuprofen about an hour before your appointment.

What is a Hysteroscopy?

Please read the attached leaflet

Advice following hysteroscopy and / or endometrial biopsy

Will it be painful afterwards?

You may experience some mild 'period type' pain for a few hours. We recommend that you take regular pain relief during this time.

Will I bleed afterwards?

You may experience some slight spotting for about 48 hours. We recommend that you wear a panty liner during this time.

How soon after the biopsy can I have sex?

We advise that you avoid sex until the discharge/spotting has stopped completely.

Will I need time off work?

No, you can carry out all your normal activities including work and exercise.

How do I get the results of the biopsy?

- The doctor will write to you and your GP with the results of the biopsy. This will take approximately 4 weeks.

If you require any further treatment or a follow-up appointment, a letter will be sent to you with an appointment date and time.