



Inanna Women's Health

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Obstetrician, Gynaecologist & Sonologist

Abnormal uterine bleeding

Bleeding per vagina which is abnormal in amount or at not usual timing and not associated with pregnancy

DEFINITION

- Menorrhagia

Excessive bleeding more than usual blood loss during normal period

- Intermenstrual bleeding

Bleeding that occur in between cycles e.g spotting before or after onset of cycle

- Post coital bleeding

Bleeding after sex

- Metrorrhagia

Abnormal irregular vaginal bleeding regardless of cycle

CAUSES:

The reasons for abnormal bleeding varies with age of the women, sexual and fertility status and presence of other medical conditions

MOST COMMON CAUSES

- Intrauterine lesion

Polyps or Fibroids inside uterine cavity

- Abnormal uterus

Presence of congenital anomalies or presence of septum

- Adenomyosis

A special condition for mid age to perimenopausal women where endometrium grows inside wall of uterus resulting in large painful uterus that bleeds excessively

- Abnormal hormonal status

Like in perimenopausal status or shortly after puberty, disorders of thyroid gland

- Systemic disorders that cause increase bleeding

Like haemolytic diseases e.g. von willbrand disease. low platelet. Anaemia

- Uterine and ovarian cancers



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ASSESSMENT

Proper management of abnormal bleeding is largely dependent on proper assessment

Un necessary investigation will result in delaying treatment and frustrations

- Proper history
- Talk to you doctor about your problem in clear way that demonstrate the pattern and time of bleeding ,this will give clues on possible cause
- Record your cycle (menstrual calendar)
- Report or medication your taking including herbal ones
- Blood test
Assessment of the possible causes will entail doing a blood test
Your doctor will check : hormonal status, presence of haemolytic disease and if indicated tumour markers
- Ultrasound
Ultrasound plays vital role in assessing abnormal bleeding
Pelvic ultrasound will demonstrate, shape of uterus ,presence of any polyp /fibroid, status of the ovaries (presence of any cyst or mass)
Other imaging modalities like CT scan or MRI are rarely needed

TREATMENT

The presence of intrauterine pathology will need surgical intervention (removing of polyp or fibroid ,division of septum)

Hormonal imbalance will need to be corrected either by contraceptive pills or other hormonal medications

Depending on individual circumstances and in resistant cases to usual treatment ,hysterectomy is indicated