

The Post Menopausal Bleeding (PMB) Clinic

An information guide



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Introduction

The Post-Menopausal Bleeding (PMB) Clinic is hosted in the Gynaecology Outpatients Department.

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.

A woman is considered to be menopausal or gone through 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 with a sonographer, unless you have had one previously.
- 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/nurse, where they will review your scan and 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.
- The nurse will make you comfortable and answer any questions or concerns you may have.
- Due to the nature of this clinic, your appointment could take up to 4 hours.

What is an Endometrial Biopsy?

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

What happens during the procedure?

- 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' cramp-like 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/ Polypectomy?

Please read the attached leaflet which will explain this to you.

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.

Further questions?

If have any further questions prior to your appointment, or need to rearrange your appointment for the PMB clinic, please don't hesitate to call our Gynaecology Pathway Navigators on **0161 656 1584**, or **0161 627 8311**.

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

Notes

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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