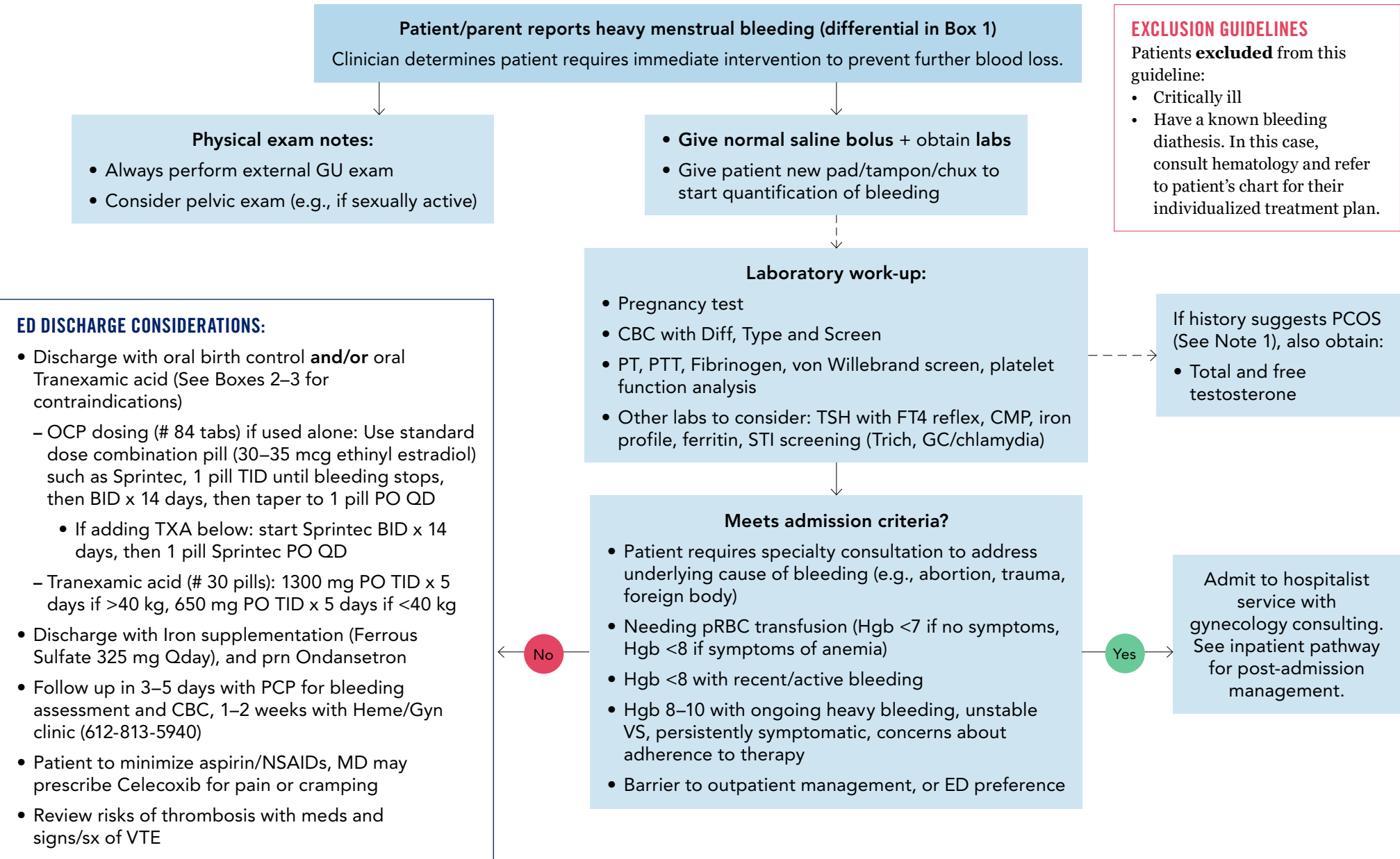


Aim: To standardize the evaluation and management of patients with acute heavy menstrual bleeding.

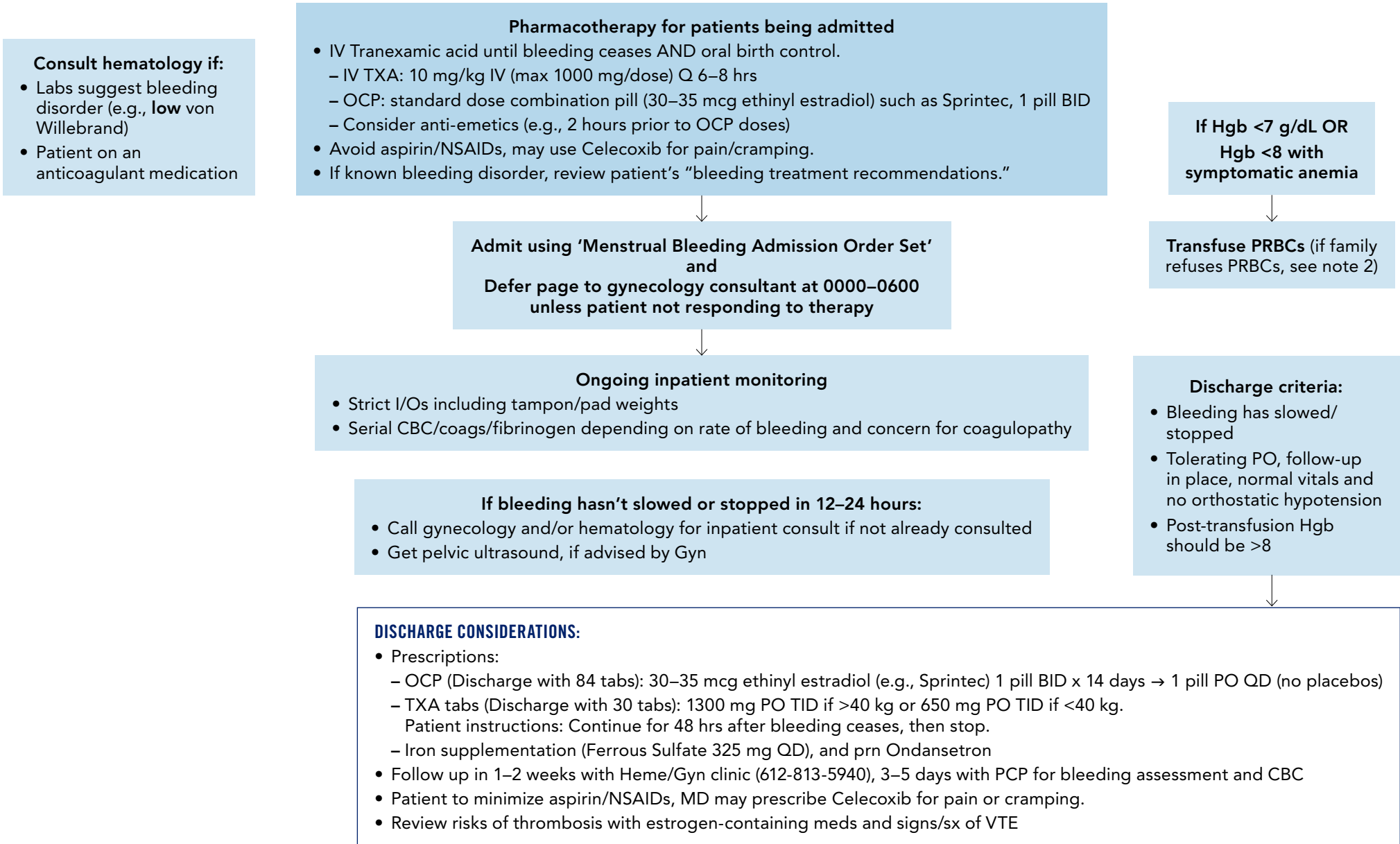


EXCLUSION GUIDELINES

Patients **excluded** from this guideline:

- Critically ill
- Have a known bleeding diathesis. In this case, consult hematology and refer to patient's chart for their individualized treatment plan.

Aim: To standardize the evaluation and management of patients with acute heavy menstrual bleeding.



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BOX 1:**Differential for heavy vaginal bleeding in an adolescent**

- **Endocrine:** anovulatory bleeding, PCOS, thyroid disease, other
- **Infection:** cervicitis, PID
- **Bleeding Disorders:** von Willebrand disease, platelet dysfunction, thrombocytopenia, factor deficiency
- **Pregnancy:** abortion, ectopic, gestational trophoblastic dz
- **Uterine:** IUD, myoma, polyp, cancer
- **Medication:** anticoagulants, depot medroxyprogesterone
- **Other:** trauma/assault, foreign body

BOX 2:**Contraindications to estrogen therapy**

- **History of migraine with aura**
- **Personal history of VTE/CVA or known clotting disorder**
- **Malignant hypertension** (SBP >160 mm Hg, DBP >100 mm Hg)
- Lupus with positive or unknown anti-phospholipid antibodies
- Current or history of certain heart conditions and certain liver diseases (refer to CDC's US Medical Eligibility Criteria for Contraceptive Use)
- Post-partum (<21 days)

BOX 3:**Contraindications to tranexamic acid**

- Thrombotic/thromboembolic disease (discuss with Hematology)
- Hematuria

NOTE 1:**Features that suggest PCOS**

- Hirsutism, acne, obesity, acanthosis nigricans, oligo/amenorrhea >2 years after menarche

NOTE 2:**If family refuses a PRBC transfusion in a patient with anemia that would usually necessitate a transfusion**

- Order IV Iron Dextran using dosing equation in "Iron Dextran Powerplan" and/or pharmacy assistance (NOT Venofer)

REFERENCES

1. Haamid, Fareeda et al. "Heavy Menstrual Bleeding in Adolescents: NSASPAG Committee Opinion." *J Pediatr Adolesc Gynecol.* 30 (2017): 335-340
2. ACOG committee opinion no. 557. "Management of Acute Abnormal Uterine Bleeding in Nonpregnant Reproductive-Aged Women: Committee Opinion" *Obstet Gynecol.* 2013; 121(4):891-896
3. Children's Hospital of Philadelphia. "Acute Abnormal Uterine Bleeding Clinical Pathway- Emergency and Inpatient." July 2017. <https://www.chop.edu/clinical-pathway/uterine-bleeding-acute-abnormal-clinical-pathway>. Accessed September 18, 2019
4. Gray SH, Emans SJ. "Abnormal vaginal bleeding in adolescents." *Pediatr Rev.* 2007; 28(5):175-182.