

PATIENT INFORMATION

Attending the Post Menopausal Bleed Clinic

Why do I have an appointment for this clinic?

You have been given an appointment for the Post Menopausal Bleed (PMB) clinic as a result of a visit to your General Practitioner with some unusual bleeding after the menopause.

Most women who have abnormal bleeding have no disease of the womb as a cause but because a small number do, it is important to rule this out. The appointment at the clinic will involve having an ultrasound scan performed, and after you have had that done you will see the clinic doctor.

If you have already had an ultrasound scan performed at the request of your GP, you will normally not need to have another one and will only need to see the clinic doctor. Please allow 2 hours for this appointment.

What happens when I have an ultrasound scan?

The scan will check the thickness of the lining of your womb. It is a safe procedure, which can be used for repeat examinations. It does not involve the use of x-rays and the examination is painless. Water soluble gel will be put onto the skin over the tummy and a probe will be placed on the skin surface. The examination usually takes 20 to 30 minutes.

It is usually necessary to perform an internal ultrasound examination, but this will only be performed after discussion with you and with your consent. This involves placing a thin probe within the vagina in order to obtain a better view of your womb lining.

How should I prepare for the ultrasound scan?

A full bladder is essential for the success of the ultrasound scan, so please drink 1 pint of liquid 1 hour before your examination and do not empty your bladder before the procedure.

It is a good idea to wear loose and easily removable clothing as you will need to remove your lower garments in order to have the scan and also for the doctor if an endometrial sample (sample from the lining of the womb) is needed.

What happens when I see the doctor?

The specialist will review the ultrasound report. They may decide that it is necessary to take an endometrial sample. They will discuss this with you and will only do this with your consent.

What happens when an endometrial sample is taken?

A small plastic tube is passed through the cervix and a sample of the lining of the womb is taken and sent to the laboratory for testing. You may experience a cramp like period pain as the procedure is carried out and this can continue for a few hours. It is best to take some pain relief such as Paracetamol.

Sometimes the doctor will give a local anaesthetic injection into the cervix. This can be painful but the pain will only last a few seconds before the cervix becomes numb. Most women do not need this injection. Very few patients need to have a general anaesthetic.

What happens after the procedure?

There will be some bleeding or spotting of blood for a few days for about a week.

Follow up Information

You will be contacted with the results of any tests that have been carried out once available (usually allow up to 2 weeks) together with further appointments or investigations you may need.

Additional information

If you have any questions about your appointment, please do not hesitate to contact the number below and we will be pleased to help.

Gynae clinic (Tel (01803) 655931

Gynae appointments (Tel (01803) 65635

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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