

Abnormal Uterine Bleeding Referral

Diagnosis/Definition

Abnormal uterine bleeding (AUB) is defined as vaginal or uterine bleeding that deviates from the customer owner's (CO) normal bleeding pattern; may be heavier flow, more frequent bleeding, unscheduled bleeding, or bleeding of any kind in a post-menopausal CO (except minimal withdrawal bleeding in COs on cyclic hormone replacement therapy).

Indications for Referral

- If the examination, PAP, endometrial biopsy, or other laboratory evaluation are abnormal.
- If AUB continues for 3 months or longer

Abnormal Uterine Bleeding Evaluation

To be completed prior to placing referral:

- Document the menstrual history with a menstrual calendar or electronic application
- Obtain a pregnancy test (serum BHCG) in women of reproductive age.
- Perform pelvic examination
- Obtain pelvic ultrasound
- Confirm that cervical cancer screening is up to date. If not, obtain pap smear
- CBC, TSH
- History: Any history of galactorrhea or virilization? If so, then appropriate lab evaluation
- If all tests are negative, consideration of therapy (hormonal) would consist of cycling with oral contraceptives if contraception is desired, or cycling with progestins if not contracepting. If fertility is desired, please see Infertility Referral form
- Specialty referral is indicated if: the bleeding is excessive; or if the CO is unstable.
- If the BHCG is positive, please see the Bleeding in Early Pregnancy Referral form

Customer Owner Information

- Dependent on etiology:
 - If treated with oral contraceptive agents, CO can expect irregular bleeding within 3 months of initiation
 - If treated with cyclic progestin, then CO may/may not have a menstrual flow after each cycle
 - Please see Infertility Referral form