

# Perimenopausal and postmenopausal bleeding

Postmenopausal bleeding, abnormal perimenopausal bleeding and break-through bleeding in women on menopausal hormone therapy are indications for an investigation to exclude primarily endometrial or cervical cancer and pre-malignant endometrial hyperplasia.

## Causes of bleeding

The causes of perimenopausal or postmenopausal include:

- Uterine cancer
- Endometrial hyperplasia
- Polyps
- Fibroids
- Vaginal atrophy
- Vaginal and vulvar cancer
- Abnormalities of blood clotting
- Medications such as anticoagulants

## Assessment

The assessment should incorporate:

- A detailed medical history, either in person or via telehealth
- A check that cervical cytology (PAP smears) is up to date
- A pelvic examination
- A transvaginal ultrasound
- A hysteroscopy
- An endometrial biopsy
- A pregnancy test, if indicated

Women who experience perimenopausal or postmenopausal bleeding but who have no clear diagnosis or who have recurrent or persistent symptoms should be followed up, typically after 6 months.

## Further information

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