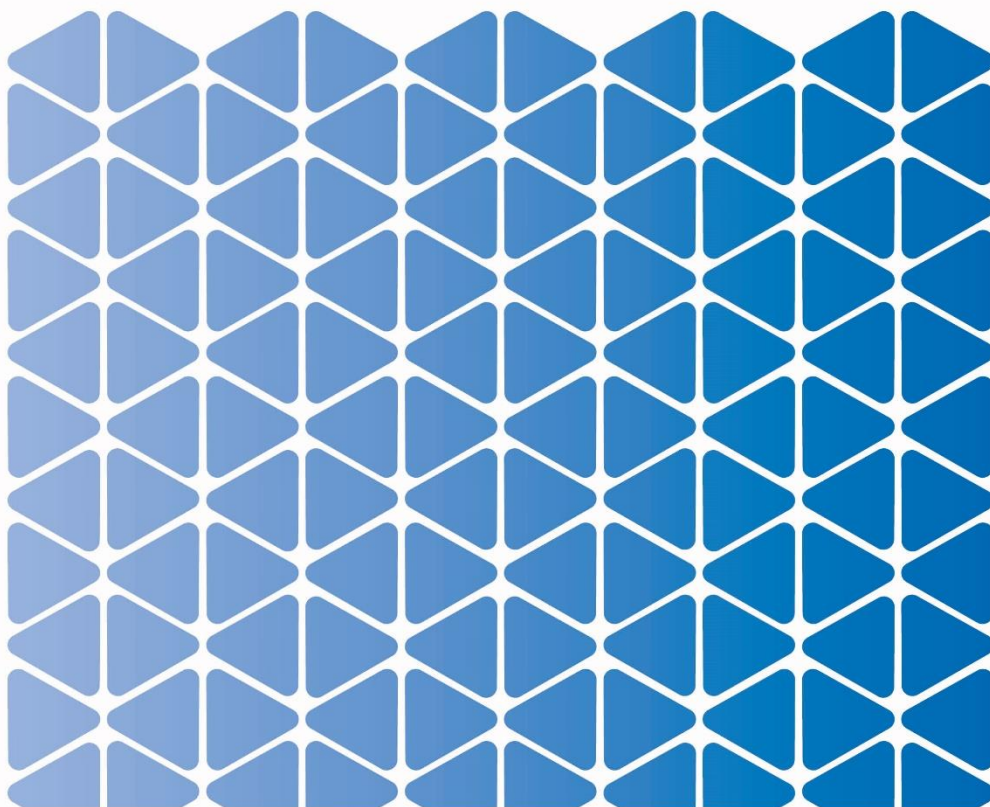


PATIENT INFORMATION

The Post Menopausal Bleeding (PMB) Clinic



Introduction

Your GP has referred you to the PMB clinic. This leaflet is designed to give you information about why you have been referred, along with the investigations and possible treatments you may undergo during your appointment.

Why have I been referred to the clinic?

PMB is bleeding which occurs 12 months after a woman finishes her periods. Any bleeding after this time is classed as abnormal but only a small minority of women will have anything significantly wrong. This clinic is designed to investigate your bleeding.

What will happen during my appointment?

- The first part of your appointment involves having an ultrasound scan. At Kidderminster this will be done in the ultrasound department but in Redditch it will be performed in the ultrasound department.
 - You should arrive with a full bladder so that we can initially scan you through your tummy (a trans-abdominal scan). In order to gain a better view of the lining of your womb you may then be asked to empty your bladder so that we can perform a transvaginal scan (a small probe will be placed inside the vagina).
- Following the scan you will be seen by a doctor and nurse in the endoscopy suite.
 - They will go through the questionnaire that accompanies this letter.
 - The doctor or nurse will check your symptoms and your ultrasound scan report to make a decision whether further tests are necessary. Further tests usually involve an examination and a camera check of your womb and if necessary a biopsy may be carried out at the same time. If this is the case the nurse will help you prepare for the procedure and answer any questions or concerns you may have.

What is an endometrial biopsy?

Based on your symptoms and scan an endometrial biopsy may be needed (a small sample of tissue is taken from the lining of your womb). This entails:

- Passing a speculum into the vagina (similar to a smear test).
- A small sterile tube is then passed into the womb.
- A sample will then be taken and sent off for analysis.
- The biopsy will take less than 5 minutes but the whole procedure may take up to 10 minutes.
- If the biopsy is unsuccessful the doctor will discuss the possibility of further investigations with you.

What is a hysteroscopy?

Depending on what your scan report shows the doctor may recommend that you have a hysteroscopy in addition to or instead of an endometrial biopsy.

During a hysteroscopy a narrow tube containing a small camera will be passed into your womb allowing the doctor to visualize the lining and take biopsies if needed. If you wish you will be able to observe the hysteroscopy on a small screen.

If further procedures are required (e.g polyp removal) the doctor will discuss the possibility of doing this at the same time or at a later date.

Will I bleed following the procedure?

You may experience some watery bloody discharge for approximately 48hrs following a hysteroscopy and some vaginal spotting following the biopsy.

Will I experience pain during the procedure?

You may experience period type cramps in the tummy. The doctor performing the procedure may discuss giving local anaesthesia; although most patients are able to tolerate the procedure without it. You will also have the opportunity to discuss the option of having the procedure done under general anaesthetics but this would be done at a later date after discussing the pros and cons.

What are the risks?

Both an endometrial biopsy and a hysteroscopy are relatively simple and safe procedures with minimal risks. In addition to the side effects described above (pain and bleeding) there is also a small risk of infection.

Will I need time off work following the procedure?

No, you should be able to continue with work and your usual daily activities, including exercise, the following day.

How soon after the procedure can I have sex?

We recommend that you wait until the bleeding has finished before resuming sexual intercourse.

What preparation should I take prior to my clinic appointment?

- You should eat and drink as normal prior to your appointment.
- We recommend that you take some simple analgesia such as ibuprofen or paracetamol an hour before your procedure.
- Due to the nature of this one stop clinic you are likely to be in hospital for approximately 2 hours.
- We recommend that someone comes to collect you following your appointment.
- If you are taking any blood thinning medications please contact the clinic at least one week prior to your appointment date to seek advice.

What happens next?

If a biopsy has been taken this will be sent off to the laboratory for analysis. We will write to you within 3-4 weeks with the results and any further investigations or appointments that are needed.

If no biopsy has been taken we will not arrange to see you again in clinic but you should report to your GP if you have any further bleeding 6 months after the investigations have been performed.

If you have any concerns or questions following your appointment please feel free to contact the nurse at GAU on 01905761489 or 01527503030 ext 44065

Patient Experience

Being admitted to hospital can be a worrying and unsettling time. If you have any concerns or questions you should speak to a member of staff in the ward or department who will do their best to reassure you. If you are not happy with their response, you can ask to speak to someone in charge.

Patient Advice and Liaison Service (PALS)

Our PALS staff will provide advice and can liaise with staff on your behalf if you feel you are unable to do so. They will also advise you what to do if your concerns have not been addressed. If you wish to discuss making a formal complaint PALS can provide information on how to do this. Telephone: 0300 123 1732. Monday to Thursday 8.30am to 4.30pm. Friday 8.30am to 4pm. An answerphone operates outside office hours. Or email us at: wah-tr.PET@nhs.net

Feedback

Feedback helps us highlight good practice and where we need to improve. There are lots of ways you can give feedback including completing a Friends and Family Test card or undertaking a survey. For further information please speak to a member of staff, see our Patient Experience leaflet or visit www.worcsacute.nhs.uk/contact-us

If you would like this leaflet in an alternative language or format, such as audio or braille, please ask a member of staff.

Polish

Jeżeli są Państwo zainteresowani otrzymaniem niniejszej ulotki w innej wersji językowej lub formie, prosimy zwrócić się w tej sprawie do członka naszego personelu.

Bengali

আপনি যদি এই লফিলেটটি অন্য ভাষায় বা ফর্ম্যাটে পতে চান যমেন, অডিও বা ব্রহেল তাহলে অনুগ্রহ করুন সদস্য বা কর্মীদেরকে তা জানান।

Urdu

اگر اس کتابچہ کو آپ کسی متبادل زبان یا ہیئت جیسے آڈیو یا بریل میں چاہتے ہیں، تو برائے کرم اسٹاف رکن سے مانگیں۔

Romanian

Pentru a obține această broșură în altă limbă sau în alt format fie audio sau limbajul Braille, vă rugăm să apelați la un membru al personalului.

Portuguese

Caso deseje este folheto numa língua ou formato alternativos, tal como ficheiro áudio ou em Braille, por favor dirija-se a um dos nossos funcionários.

Chinese(Mandarin)

如果您想要本手册的替代语言或格式的版本，如音频或盲文，请向工作人员咨询