



**Important History Questions**

- Coagulopathy
- Anticoagulation or antiplatelet meds
- Recent changes in meds including hormonal rx and thyroid medications
- History of fibroids or other structural lesions
- Trauma
- Cyclical or not
- History of heavy menstruation
- Other easy bruising or bleeding
- Ask about contraindications to estrogen therapy (See contraindications to therapies)

**DDX for AUB**

**PALM** (Structural Causes of AUB)

- Polyp
- Adenomyosis
- Leiomyoma
- Malignancy

**COEIN** (Functional Causes of AUB)

- Coagulopathy
- Ovulatory
- Endometrial
- Iatrogenic
- Not otherwise classified

**Contraindication to therapies**

**Contraindications to OCPs:**

- Migraine w/ aura
- Tobacco use >35
- Hx DVT/VTE/PE
- Uncontrolled HTN
- Hx of stroke
- Breast cancer
- Significant liver disease or dysfunction
- Post menopausal
- \* Caution: Cardiovascular Disease

**Contraindications to Medroxyprogesterone:**

- Hx DVT/VTE/PE
- Breast Cancer
- Significant liver disease or Dysfxn
- \* Caution: Cardiovascular Disease

\*\* If reasonable, defer progesterone until after an Endometrial biopsy by OBGYN.

**Contraindications to TXA:**

- Impaired color vision
- Current Thromboembolic disease
- Concurrent Estrogen/OCP use

**Uterine Source**

OCP with 35mcg of ethinyl estradiol TID x 7days followed by qd for 3 weeks (Necon 1/35 - on UC formulary), other OCP's OR

PO Medroxyprogesterone 20mg TID x 1 week, then QD for 3 weeks, OR

Ibuprofen 600-800mg q6-8hrs during menstruation or meclomen 100mg TID during menstruation, OR

TXA 1.3mg PO TID x 5 day (not to be co-administered with Estrogen therapy)

**Systemic or Coagulopathic**

Additional Labs based on suspected etiology:

- Vwf level
- Factor VIII level
- LFTs/PT-INR
- TSH, ft4

Tailor therapy to address suspected cause.

**Vaginal or Cervical Source**

Tx based on specific pathology.

Consider:

- Local pressure
- Topical TXA
- Repair laceration if present
- Treat cervicitis if suspected
- Refer to Gyn for F/u in 7-14 days

**Steps to Placing an Intrauterine Foley/Uterine Packing**

**Need to request 26 fr catheter from Central Supply**

1. Visualize the cervical Os with a speculum
2. Sterilize the os by cleansing it three separate times with a large qtip soaked in iodine or Chlorhexidene 2%
3. Stabilize the cervix by placing a ring forcep on the anterior lip.
4. Grasp the balloon with Kelly forceps and guide it through the cervical os
5. Instill the balloon with 30cc of water

\* You may stabilized the foley balloon in place with Vaginal Packing if needed \*

**Foley balloon must be removed within 24 hours, and antibiotics should be administered while packing is in place**

**Estrogen contraindications**

- Breast cancer
- Active or past venous thrombosis
- Arterial thromboembolic disease
- Liver dysfunction or disease
- Use caution in patients with cardiovascular or thromboembolic risk factors.

**Other OCP's**

- Alaycen 1/35
- Balziva
- Brevicon
- Femcon
- Mononessa

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Department(s): Emergency Medicine

## REFERENCES

### IV Estrogen

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### NSAIDS

2. Lethaby, A., Duckitt, K., & Farquhar, C. (2013). Non-steroidal anti-inflammatory drugs for heavy menstrual bleeding. *Cochrane database of systematic reviews*.
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4. Cameron, I. T., Haining, R., Lumsden, M. A., Thomas, V. R., & Smith, S. K. (1990). The effects of mefenamic acid and norethisterone on measured menstrual blood loss. *Obstetrics and gynecology*, 76(1), 85-88.
5. Vargyas, J. M., Campeau, J. D., & Mishell Jr, D. R. (1987). Treatment of menorrhagia with meclofenamate sodium. *American journal of obstetrics and gynecology*, 157(4), 944-950.

### TXA

6. James, Andra H., et al. "Evaluation and management of acute menorrhagia in women with and without underlying bleeding disorders: consensus from an international expert panel." *European Journal of Obstetrics & Gynecology and Reproductive Biology* 158.2 (2011): 124-134.

### OCPs

7. Munro, Malcolm G., et al. "Oral medroxyprogesterone acetate and combination oral contraceptives for acute uterine bleeding: a randomized controlled trial." *Obstetrics & Gynecology* 108.4 (2006): 924-929.

### Oral Progestins

8. Munro, Malcolm G., et al. "Oral medroxyprogesterone acetate and combination oral contraceptives for acute uterine bleeding: a randomized controlled trial." *Obstetrics & Gynecology* 108.4 (2006): 924-929.
9. Aksu, M. Feridun, et al. "High-Dose Medroxyprogesterone Acetate for the Treatment of Dysfunctional Uterine Bleeding in 24 Adolescents." *Australian and New Zealand journal of obstetrics and gynaecology* 37.2 (1997): 228-231.