All Gynaecological referrals (except 2 week-wait referrals) will be processed by The Gynaecology Collaborative

Polycystic Ovarian Syndrome Pathway

Consider Adrenal tumour, Cushing's Syndrome & Late Onset Congenital Adrenal Hyperplasia:
Signs of virilization (deep voice, reduced breasts size, increased muscle bulk, clitoral hypertrophy)
Rapidly progressing hirsutism
Testosterone>5 or 2x upper limit of normal

↓

Refer Endocrinology

Primary Care Management

Long Term Management:
Diabetes risk Annual HBA1C Screening
CVD risk QRISK2 if appropriate
Obesity Weight Management & Healthy Lifestyle
Obstructive Sleep Apnoea Epworth Score Link
Pregnancy Gestational Diabetes Screening
Emotional Wellbeing Negative Body Image, Psychosexual, Eating Disorders
Support Group Verity-PCOS

Diagnosis: 2/3 criteria
Infrequent or No Ovulation (Infrequent or No periods)
Clinical and/or Biochemical Hyperandrogenism
PCO on USS (>12 follicles 2-9mm size, single or both ovaries and/or increased ovarian volume>10cm^3

Testosterone: normal or raised
SHBG: normal to low (surrogate marker of insulin resistance)
FAI: normal or raised
Prolactin: Mildly raised
Check LH, FSH, TFTs for other causes of amenorrhoea

Amenorrhoea (<4 periods/yr), abnormal vaginal bleeding or BMI++
Provera® (medroxyprogesterone) 10mgs od 14 days to induce withdrawal bleed ***then***
USS to assess endometrium

↓

Endometrium normal, aim to prevent endometrial hyperplasia
Provera® (medroxyprogesterone) 10mgs od 14 days every 3 months
COCP/POP/IUS

↓

Endometrium>10mm or abnormal changes

↓

2ww Referral

Hirsutism

↓

Weight Loss
Dianette® (co-cyprindiol COCP)
Yasmin® (drospirenone COCP)
Vaniqa® (6-8wks for benefit, loss of benefit on cessation) 4 months trial
Hair removal methods

↓

Refer Endocrinology
If no benefit

Acne

↓

Weight Loss
Dianette® (co-cyprindiol COCP)
Yasmin® (drospirenone COCP)
Acne Vulgaris Management

↓

Refer Dermatology
If no benefit

Fertility

↓

Refer Gynaecology Collaborative

Please consider further guidance at https://cks.nice.org.uk/polycystic-ovary-syndrome

Created July 2020, Review July 2025
Dr Belinda Solomon

Based on most recent published guidelines
In collaboration with local consultant gynaecologists