

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

Secondary Amenorrhoea Pathway

History:
 Menstrual History
 Obstetric History & Breastfeeding
 Gynaecological History & Procedures (Endometrial Ablation)
 Contraception and Sexual Health History
 Weight Changes (Weight Loss, Eating Disorders, Chronic Illness)
 Exercise History, Professional Sports
 Mental Health (Depression, Stress)
 Acne, Hirsutism, Subfertility, Obesity (PCOS)
 Headaches, Visual Disturbances, Galactorrhoea (Pituitary Tumour)
 Symptoms of Thyroid & Endocrine Conditions
 Menopause & Premature Ovarian Insufficiency Symptoms
 Chemotherapy and Radiotherapy
 Drug History (eg Antipsychotics) & Illicit Drug Use (Cocaine & Opiates)

Examination:
 Weight & Height
 BMI (Low in Eating Disorders, Female Athlete)
 Acne, Hirsutism or Virilization (Excess Androgens)
 Cushingoid Features
 Thyroid Eye Signs, Goitre
 Visual Fields (Pituitary Tumour)
 Galactorrhoea (Prolactinoma)
 Vaginal Atrophy (oestrogen deficiency)

Investigations:
 LH & FSH Prolactin
 Testosterone
 TFTs
 USS Pelvis

Definition:
 Cessation of menstruation for 3-6 months, previously normal & regular menses OR
 Cessation of menstruation for 6-12 months in previous oligomenorrhoea

	FSH	LH	Prolactin	Testosterone
Hyperprolactinaemia	→/↓	→/↓	↑	→
PCOS	→	→/↑	→/↑	→/↑
Ovarian Failure	↑↑	↑↑	→	→
Hypothalamic (stress, weight loss, excessive exercise)	↓/→	↓/→	→	→

Primary Care Management

Consider Osteoporosis Prophylaxis if amenorrhoea > 12 months
 Contraception if not planning to conceive.
 Ovulation can occur spontaneously.

PCOS, Refer to PCOS Pathway

Trying to Conceive

Premature Ovarian Insufficiency

Hyperprolactinaemia >1000 or 500-1000 on 2 occasions

Raised Androgens Not explained by PCOS

Low FSH & LH



Refer Gynaecology Collaborative

Refer Gynaecology Collaborative

Refer Endocrinology

Refer Endocrinology

Refer Endocrinology to exclude hypopituitarism/tumour

Please consider further guidance at <https://cks.nice.org.uk/amenorrhoea#!scenario:1>