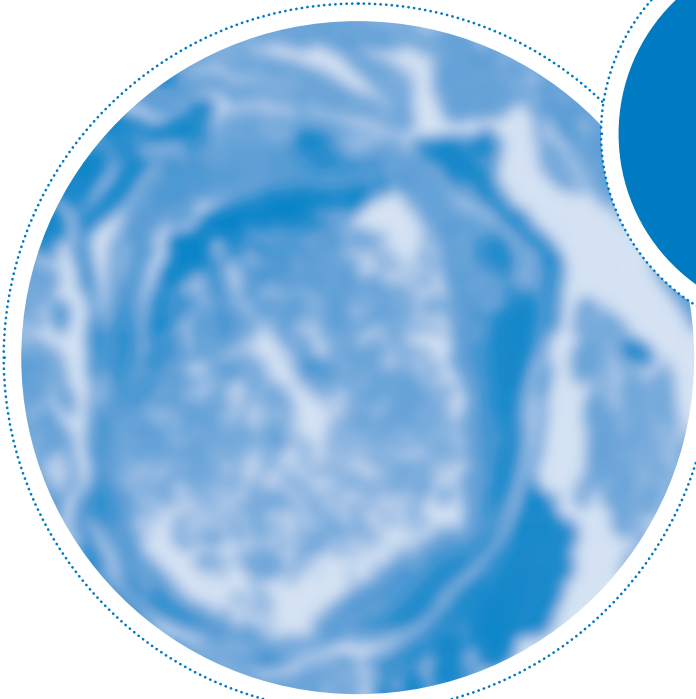


PMB Clinic

(Post Menopausal Bleeding Clinic)

Patient Information



Women
and Children -
Gynaecology

Why have I been referred to the PMB Clinic?

Bleeding after the menopause is not normal and always needs investigating. Whilst it is usually harmless, caused by hormonal problems, it can also be due to cancer, and although this is rare, it is important to exclude this as soon as possible.

During your visit to the clinic we are usually able to give you a diagnosis straight away, but not always.

What happens on my arrival at the PMB Clinic?

The clinic environment is relaxed and friendly. A member of the nursing staff will introduce herself to you before your consultation with a member of our medical team.

We will want to take a medical history from you including information about:

- past illnesses / operations
- any known allergies
- details of prescribed medications
- date of last cervical smear test

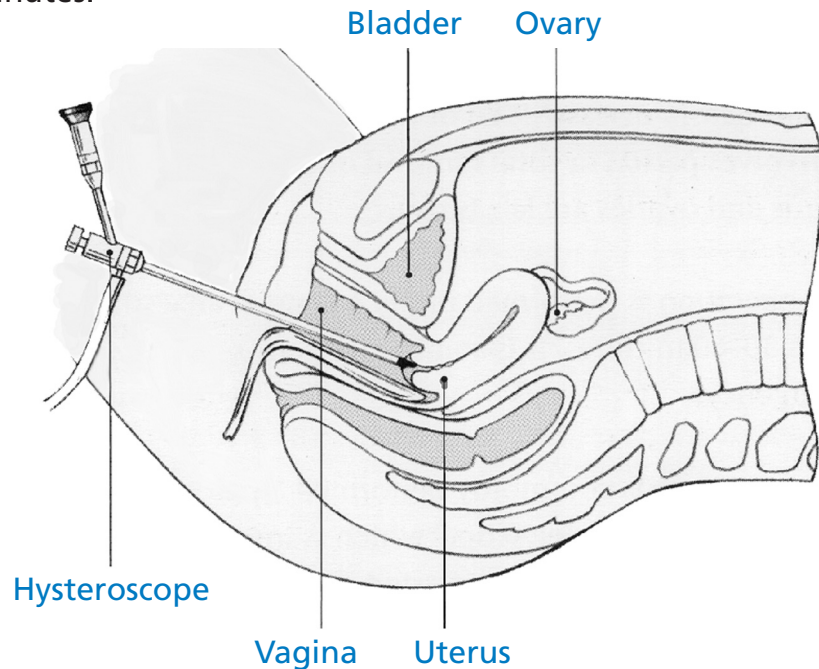
It is necessary to carry out a physical examination when you attend the clinic. This can still be performed even if you are bleeding. A female nurse will be with you throughout the examination to support and reassure you but you are very welcome to bring a friend or relative with you if you wish. Following the initial examination a Transvaginal Ultrasound Scan will be performed.

What is a Transvaginal Ultrasound Scan?

This is exactly the same as an early pregnancy scan and uses a small probe which is placed in the vagina, enabling simple measurements of the womb and ovaries to be taken. It feels very similar to having an internal examination and is a painless procedure with no associated risks. No special preparation is needed other than an empty bladder. The procedure is simple and should take no longer than five minutes. After the scan it may be necessary to perform a hysteroscopy.

What is a Hysteroscopy?

A Hysteroscopy is an examination of the inside of the uterus (womb). Again, this procedure should only take a few minutes.



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A narrow telescope is passed through the vagina, along the cervix (neck of the womb) and allows the clinician to look inside the womb. You may experience slight abdominal discomfort similar to that of a 'period pain'.

A biopsy of the womb lining will be taken during this procedure.

Is a hysteroscopy painful?

A hysteroscopy may cause some women slight discomfort but this is usually short lasting as the procedure only takes a few minutes. Similarly, the taking of the biopsy may also be uncomfortable (similar to period pains). Simple painkillers such as paracetamol usually provide effective relief. You may wish to take painkillers one hour before your appointment. Please ensure that you have eaten before you attend for your appointment.

What happens afterwards? How will I feel?

You may have some vaginal bleeding for a day or two following the hysteroscopy, especially if a biopsy has been taken. You should feel well enough to walk, travel by bus or train, or to drive home after both procedures.

If you have any ongoing pain / excessive bleeding / abnormal vaginal discharge, or are unwell ... please consult your own GP or telephone our **advice line (01642 854243)**.

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Results

Results will usually be confirmed to you by telephone or letter, if you wish we will arrange a further appointment for you to discuss your results in clinic. Your GP will also be given a copy of your results.

General Advice

The actual out-patient consultation usually takes about 30 minutes, but please allow time for unseen delays during the clinic.

It is very important that you make every effort to attend for your clinic appointment.

However, if you cannot attend for any reason it is important to let us know so that your appointment time can be used by someone else and we can arrange another appointment for you.

Please inform the Appointments Office on 01642 854861 at The James Cook University Hospital or 01609 763200 at the Friarage.

If you have any anxieties or questions relating to your appointment please do not hesitate to contact our **Advice Line Tel. No. 01642 854243.**

You can use the extra space on the following page to write down any questions you may want to ask or to make a note of relevant information, e.g. dates of previous operations, types of medication etc.

Your notes

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Comments, compliments, concerns or complaints

South Tees Hospitals NHS Foundation Trust is concerned about the quality of care you receive and strives to maintain high standards of health care.

However we do appreciate that there may be an occasion where you, or your family, feel dissatisfied with the standard of service you receive. Please do not hesitate to tell us about your concerns as this helps us to learn from your experience and to improve services for future patients.

Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf.

This service is available, and based, at The James Cook University Hospital but also covers the Friarage Hospital in Northallerton, our community hospitals and community health services. Please ask a member of staff for further information.

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Version 2, Issue Date: September 2014, Revision Date: September 2016