

## Referral Support Service

## Gynaecology

### Secondary Amenorrhoea

#### Definition

- When menstruation has occurred but has stopped for 6 consecutive months

#### Management

##### Causes and investigations

- **Pregnancy**- urinary or serum BHCG
- **Lactation**
- **PCOS**- LH/FSH/free androgen index/prolactin/TSH- see other guideline
- **Menopause** inc premature ovarian failure ie menopause <40yrs- raised FSH
- **Contraception**- depo/ implant/ POP/ Mirena/ post pill amenorrhoea
- **Weight loss** esp if rapid and BMI<19 and >10% of body weight has been lost- low FSH and LH
- **Cervical Stenosis/intra uterine adhesions**- USS
- **Sheehan's syndrome**- low prolactin
- **Pituitary tumour**- prolactin often in the thousands
- **Drugs**- causing raised prolactin inc heroin/phenothiazines/metoclopramide/ tri-cyclics
- **Cushing's /adrenal or ovarian carcinoma**
- **Congenital hyperplasia**- testosterone > 5- also consider an androgen secreting tumour if levels are this high

#### Referral Information

##### Information to include in referral letter

- LMP and previous cycle
- Recent weight loss/gain
- Contraception used
- Any symptoms e.g. sweats, hair growth
- Smear history
- Relevant past medical/surgical history
- Current regular medication
- BMI
- Smoking status

##### Investigations prior to referral

- Exclude pregnancy
- Blood tests – FSH/LH/free androgen index/TFT/prolactin
- Consider USS