

# Abnormal Uterine Bleeding Pathway

## Obtain detailed physical and history:

- Number of pads/day
- Presence of clots (clot size >2.5 cm)
- Increase or decrease since bleeding started
- Bleeding for >7 days
- <21 days between periods
- Changing pads overnight or soaking clothes
- Sexually active? Send dirty urine

## Red flags for acute hemorrhage:

- Changing a pad an hour or less
- Acute increase in bleeding with hypotension
- Tachycardia
- Other signs of shock

### Mild

- Heavy vaginal bleeding <10 days
- Normal vital signs

### Work-up

- UPT
- CBC at physician discretion

### Treatment

- Consider Aygestin 10 mg/day in the AM for 10 days
- Send EPIC message to Gynecology clinical support pool or on-call provider

### Moderate

- Heavy vaginal bleeding <10 days
- Mild tachycardia
- Clinical suspicion for anemia
- Heavy bleeding with large clots
- Soaking more than one pad/hour

### Work-up

- UPT
- CBC
- TSH
- Ferritin

### Treatment

- Aygestin 10 mg/day in the AM for 10 days
- If Hgb <11 or ferritin <10, start ferrous sulfate 325 mg PO daily
- Send EPIC message to Gynecology clinical support pool or on-call provider

### Severe

- Heavy bleeding
- Orthostatic dizziness
- Tachycardia

### Work-up

- UPT
  - CBC
  - TSH
  - FT4
  - Ferritin
  - Type and screen/cross
  - PT/PTT
  - Fibrinogen
- (VWD testing not reliable when significantly anemic – do outpatient)

### Treatment

- Aygestin 10 mg/day in the AM (give first dose in ED)
- Admit to General Pediatrics with consults for:
  - **Hematology**
  - **Gynecology** – consult immediately if unstable, signs of acute hemorrhage, or not tolerating PO; if stable AM team can consult Gynecology
- Transfuse PRBCs for Hgb <7 and symptomatic or <10 but active heavy bleeding
- Send EPIC message to Gynecology clinical support pool or on-call provider

### Clinical Considerations

- If already on oral contraceptive pills (OCP), then double OCP, send staff message for follow-up
- Depo/LARC, Aygestin is safe
- Cytopenias other than low Hgb, other bleeding concerns
- Can admit to Pediatrics and consult Hematology, still safe to give Aygestin

# Metrics

1. Discharge home with Aygestin prescription
2. Order set utilization

# Contributing Members

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