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

Krystle McCarson, M.D. – Emergency Medicine
Jennifer Perry, M.D. – Emergency Medicine
Meagan Scarbrough, M.D. – Emergency Medicine
Shelly Crary, M.D. - Hematology
Laura Hollenbach, M.D. - Gynecology