

# Secondary Amenorrhoea/Oligomenorrhoea Pathway

This pathway has been developed from published guidance, in collaboration with local gynaecologists.

This guidance is to assist GPs in decision making and is not intended to replace clinical judgment.

Primary amenorrhoea (not included in this pathway): by 14 if no secondary sexual characteristics or by 16 with normal sexual characteristics

Secondary amenorrhoea: no menstrual bleeding for 6 months.  
Oligomenorrhoea: periods that occur at intervals of 35 days to 6 months with less than 9 cycles per year.

## History:

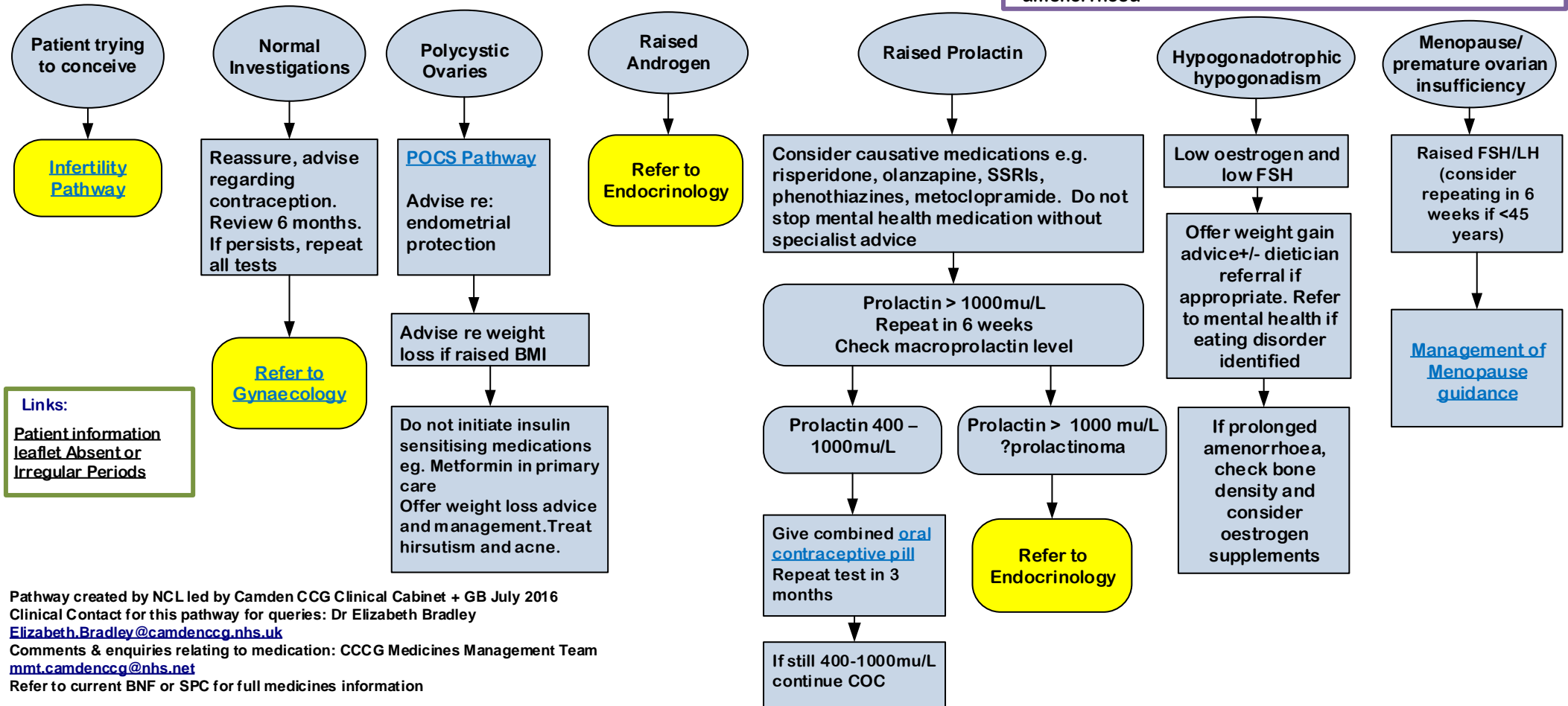
- Age menarche and menstrual history
- Recent weight change, dieting (refer to eating disorders if applicable)
- Exercise history/ stress/ travel
- Medical drug history – prescribed and illicit drugs
- Sexual history and contraception
- Obstetric history
- NB delay in investigation until 9 months if obvious cause e.g. exercise – sports person or ballet dancer

## Examination:

- Height, weight and BMI
- Hirsutism
- Skin (acne)
- Visual fields

## Investigations:

- Exclude pregnancy
- Thyroid function tests
- Hormone profile: Day 2 – 7 (or randomly if no period) FSH/LH/ oestradiol/prolactin/testosterone
- Fasting glucose / glycosylated haemoglobin if obese
- Pelvic scan to assess endometrial thickness and look for polycystic ovaries.
- Bone density scan in women with low oestrogen and amenorrhoea



Links:  
Patient information leaflet [Absent or Irregular Periods](#)

Pathway created by NCL led by Camden CCG Clinical Cabinet + GB July 2016  
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Refer to current BNF or SPC for full medicines information

Review due – March 2020