

APPENDIX I. Basic evaluation of women presented with abnormal uterine bleeding

History	Physical examination
<u>Menstrual history</u> <ul style="list-style-type: none"> • Frequency • Regularity • Duration • Amount • Presence of intermenstrual or postcoital bleeding 	<u>General examination</u> <ul style="list-style-type: none"> • BMI • Pallor • Signs of thyroid disease, Cushing's, hyperandrogenism • Signs of bleeding tendencies: bruising, petechiae
<u>Associated symptoms</u> <ul style="list-style-type: none"> • Dysmenorrhea • Dyspareunia • Chronic pelvic pain • Pressure symptoms • Abnormal vaginal discharge 	<u>Abdominal examination</u> <ul style="list-style-type: none"> • Presence of abdominal/pelvic mass <u>Speculum and bimanual examination</u> <ul style="list-style-type: none"> • Look for anatomical causes (eg polyp, fibroid) • Uterine size • Adnexal mass
<u>Presence of systemic disorders</u> <ul style="list-style-type: none"> • Recent weight gain/weight loss • Obesity • PCOS • Endocrine disorders: thyroid, pituitary, adrenal • Bleeding tendencies • Drugs: tamoxifen, unopposed oestrogen, anticoagulants, antiplatelets, antipsychotics (first generation and risperidone), herbal medicines 	<p>Screening tool for coagulopathies by a structured history:</p> <p>A positive screening result comprises any of the following:</p> <ol style="list-style-type: none"> 1. Heavy menstrual bleeding since menarche 2. One of the following: <ol style="list-style-type: none"> A. Postpartum haemorrhage B. Surgical-related bleeding C. Bleeding associated with dental work 3. Two or more of the following symptoms: <ol style="list-style-type: none"> A. Bruising 1-2 times per month B. Epistaxis 1-2 times per month C. Frequent gum bleeding D. Family history of bleeding symptoms <p>Patient with a positive screening result should be considered for further evaluation including haematologist consultation</p>
<u>Sexual and reproductive history</u> <ul style="list-style-type: none"> • Contraception and risk of pregnancy • Risk of sexually transmitted disease • Desire for future pregnancy • Up-to-date cervical smear 	
<u>Family history</u> <ul style="list-style-type: none"> • Coagulopathy • Malignancy (especially endometrial, ovarian, colorectal, urological) • Venous thromboembolism 	
<u>Impact on women</u> <ul style="list-style-type: none"> • Presence of anaemic symptoms • Impact on quality of life 	

Abbreviations: BMI = body mass index; PCOS = polycystic ovary syndrome