The Guideline on Vaginal Bleeding published by the Dutch College of General Practitioners (NHG) provides recommendations for diagnosing and treating women with abnormal vaginal bleeding. There is little or no scientific evidence for drug-based management, as very little high-quality research has been done into this. The Guideline offers practical suggestions to enable doctors to select one of the available agents, while taking the woman’s preferences, comorbidity and co-medication into account.

There is no scientific evidence for adding an oestrogen to treatments using only progestogens for irregular bleeding. The systematic review of the treatment of progestagen-induced vaginal bleeding referred to in the Guideline found that none of the treatments was convincingly shown to be sufficiently effective for use in routine practice. In view of the thrombogenic effect of oestrogens, caution is warranted, especially since this treatment has not been proven effective. Although the Guideline does discuss serum haemoglobin testing for women with heavy menstrual bleeding, no recommendations are provided for those with abnormal test results, such as iron supplements.

References*


*The literature refers to the Dutch text