Irregular menses are common during the time immediately following menarche. Most irregular menses resolve over time with maturity of the hypothalamic-pituitary-ovarian axis without needing evaluation or intervention.

**ASSESSMENT**
Perform a standard health history and physical exam (HPE) with probing questions around the timing of menarche and frequency, duration and severity of vaginal bleeding.

**HPE RED FLAGS**

**Situational History**
- Dizziness, lightheadedness
- Reports of heart racing (resting or orthostatic tachycardia)
- The need to change protection hourly to avoid leakage/soaking

**Patient History**
- Hypercoagulable
- Migraines WITH aura

**Family History**
- First-degree family history of deep vein thrombosis (DVT)
- First-degree family history of pulmonary embolism (PE)
- First degree family history of known bleeding disorder

**MANAGEMENT/TREATMENT**
Manage menstrual irregularity with precautions around frequency, duration, and amount of menstrual flow.

Provide the 1/10/20 rule (with 2 month add-on, as indicated below) to the patient as a good guideline for her to use to know when she should contact you about menstrual pattern disturbances. The patient MUST track her menses to know when her cycle is ‘breaking the rules.’

<table>
<thead>
<tr>
<th>1</th>
<th>Soaking 1 pad every 1 hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Period lasts for 10+ days</td>
</tr>
<tr>
<td>20</td>
<td>Less than 20 days from the start of one period to the start of the next</td>
</tr>
<tr>
<td>2 months</td>
<td>No period for 2 months</td>
</tr>
</tbody>
</table>

Laboratory evidence of anemia and/or iron deficiency may indicate the need for medical therapy.

If patient does NOT have migraines with aura or a personal/family history of thrombosis, consider combined hormonal options as a safe method of management.

Consider intermittent hormonal management versus daily use of hormonal contraceptives.

If you have clinical questions about patients with irregular menses, email gynecology@cchmc.org.

If you would like additional copies of this tool, or would like more information, please contact the Physician Outreach and Engagement team at Cincinnati Children’s.
Irregular Menses

### Inclusion Criteria

Menstrual history breaking the 1/10/20 rule

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### Standard Workup

- Menstrual History
- Family History
- Physical Exam

### HPE RED FLAGS

#### Situational History
- Dizziness, lightheadedness
- Shortness of breath
- Reports of heart racing (resting tachycardia or orthostatic)
- Need to change protection hourly to avoid leakage/soaking

#### Patient History
- DVT/PE (hypercoagulable)
- Migraines WITH aura
- Seizure medications

#### Family History
- First-degree family history of deep vein thrombosis (DVT)
- First-degree family history of pulmonary embolism (PE)

### GOAL

Safely manage menstrual bleeding

Refer to Cincinnati Children’s Gynecology:
- Significant or symptomatic anemia
- Contraindication to estrogen, such as thrombosis, migraines with aura, or interacting medications
- Lack of improvement with first line therapy

### GOAL

Appropriate testing and management

- Consider basic screening with CBC, ferritin, TSH, PRL
- Consider observation versus use of hormonal management of bleeding. Manage with precautions around frequency, duration, and amount of menstrual flow.

For urgent issues, or to speak with the specialist on call 24/7, call the Physician Priority Link at 1-888-636-7997.