

Policy title	Heavy menstrual bleeding (menorrhagia) v2.0
Policy position	Hysterectomy: Criteria Based Access Dilatation and Curettage: (D&C) Not Normally Funded
Date of ICB recommendation	August 2025

Heavy menstrual bleeding (also known as menorrhagia) is defined as excessive menstrual blood loss which interferes with an individual's physical, social, emotional and/or material quality of life. The condition can occur alone or in combination with other symptoms.

Heavy menstrual bleeding should be diagnosed and treated according to NICE Guideline [NG88 Heavy menstrual bleeding: assessment and management](#). See Appendix 1 for the NICE diagnosis and management pathways.

Dilation and Curettage (D&C) is a minor surgical procedure where the opening of the womb (cervix) is widened (dilatation) and the lining of the womb is scraped out (curettage). D&C is **not normally funded** for the diagnosis or treatment of heavy menstrual bleeding because it is clinically ineffective.

Based on NG88, hysterectomy should not be used as a first-line treatment solely for heavy menstrual bleeding. Hysterectomy should only be considered in the following circumstances:

- when other treatment options have failed or are contradicted
- there is a preference for amenorrhoea (no periods)
- the individual (who has been fully informed) requests the procedure
- the individual no longer wishes to retain their uterus and fertility

Use of a quality assured [decision support aid](#) is encouraged to support discussion of the risks, benefits and consequences of the treatment options available in the context of each person's life and what matters to them.

Please see related BLMK ICB policy: Hysterectomy: Indications for surgery.

NOTE:

- This policy will be reviewed in the light of new evidence or new national guidance e.g. from NICE
- Where a patient does not meet the policy criteria or the intervention is not normally funded by the NHS, an application for clinical exceptionality can be considered via the ICB's Individual Funding Request (IFR) Policy and Process

References:

1. NICE NG88: Heavy menstrual bleeding: assessment and management. Published 2018; updated May 2021.
2. Academy of Medical Royal Colleges. Evidence-Based Interventions: Dilatation & curettage for heavy menstrual bleeding. Published 2019; reviewed September 2024.
3. Academy of Medical Royal Colleges. Evidence-Based Interventions: Hysterectomy for heavy menstrual bleeding. Published 2019; reviewed September 2024.
4. NICE NG197: Shared decision making. Published June 2021.
5. NHS England. Decision support tools: Making a decision about: managing heavy periods Last updated June 2023. <https://www.england.nhs.uk/publication/decision-support-tools-making-a-decision-about-a-health-condition/>
6. NICE TA996: Linzagolix for treating moderate to severe symptoms of uterine fibroids. Published August 2024.
7. NICE TA832: Relugolix–estradiol–norethisterone acetate for treating moderate to severe symptoms of uterine fibroids. Published October 2022.

Clinical coding:

Age range: All ages.

Hysterectomy and D&C for heavy menstrual bleeding are included in the [national EBI programme](#).

Coding to monitor activity is as provided and updated by that programme.

Policy update record

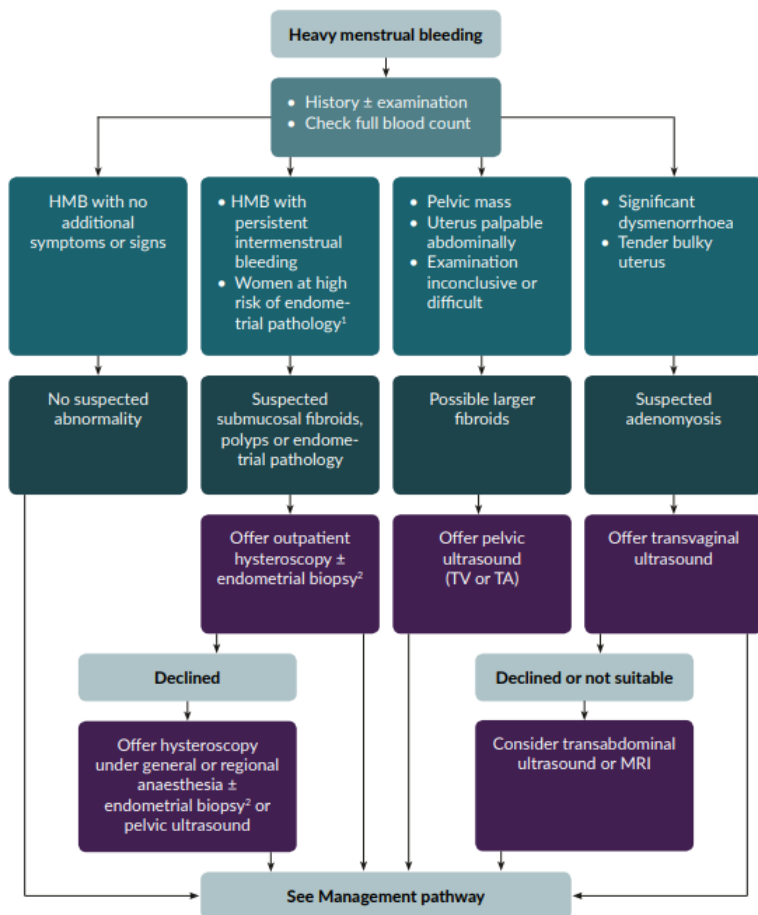
August 2025 BLMK
ICB Executive
Team

- Policy simplified and updated in accordance with NICE NG88: NG88 Heavy menstrual bleeding: assessment and management.
- Policy position on repeat endometrial ablation removed
- Inclusion of reference to the NHS England decision making tool
- Removal of clinical codes from the policy; coding as per the national EBI programme.

Key words: HMB, heavy menstrual bleeding menorrhagia, dilatation and curettage, D&C.

Appendix 1a – NICE diagnosis care pathway (2018)

Heavy menstrual bleeding: diagnosis



HMB: heavy menstrual bleeding; MRI: magnetic resonance imaging; TA: transabdominal; TV: transvaginal

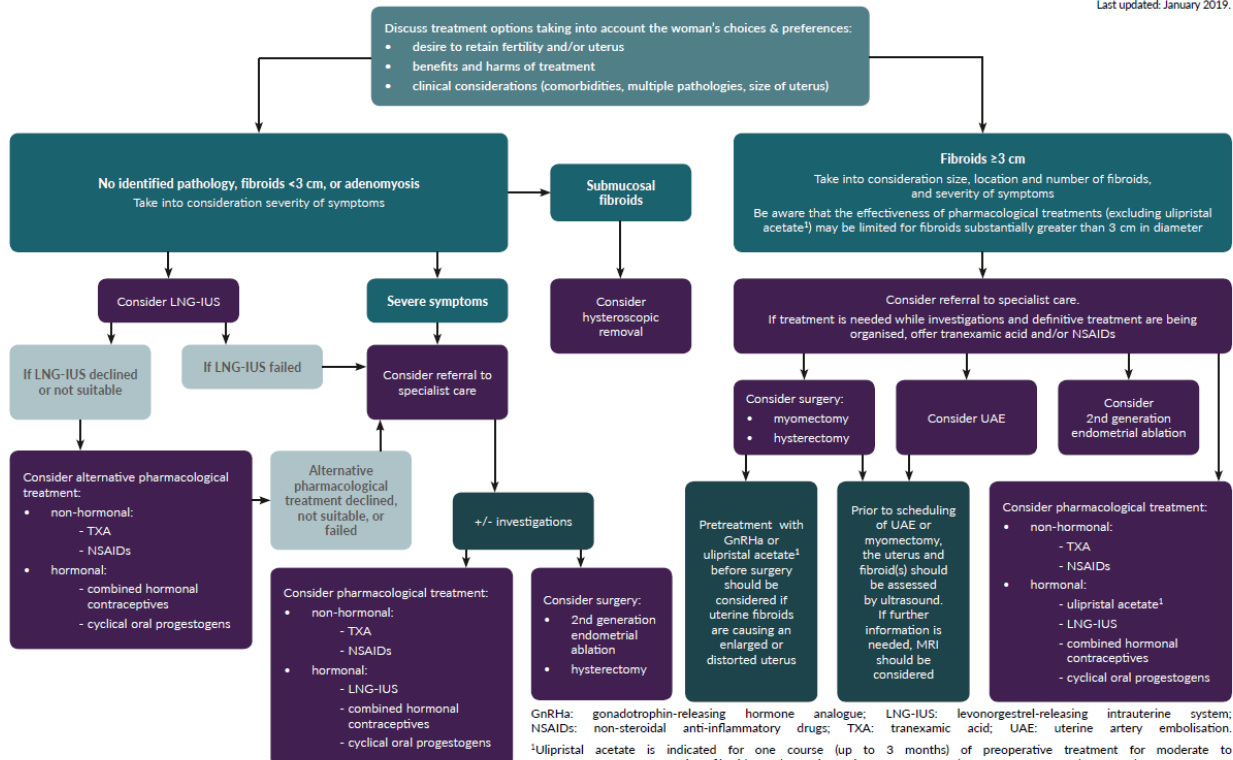
¹ For example, women with persistent intermenstrual or persistent irregular bleeding and women with infrequent bleeding who are obese or have polycystic ovary syndrome, women taking tamoxifen, women for whom treatment for HMB has been unsuccessful

² If high risk for endometrial pathology (see footnote 1)

Appendix 1b – NICE pathway for management of heavy menstrual bleeding (2018)

Heavy menstrual bleeding: management

Based on NICE's guideline on [heavy menstrual bleeding \(NG88\)](#).
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 Last updated: January 2019.



Please note that NICE also recommend two pharmacological treatments to treat moderate to severe symptoms of uterine fibroids in some people which are not represented in the above pathway, see the guidance on:

- [linzagolix \(TA996, 2024\)](#)
- [relugolix–estradiol–norethisterone acetate \(TA832, 2022\)](#).