

Postmenopausal Bleeding

What is it?

Post-menopausal bleeding is any bleeding from the vagina that happens after menopause. You are in menopause for 12 months after your last period ends. Vaginal bleeding after menopause is not normal. There can be many reasons it is happening and some can be serious. Early detection is important to ensure treatment.

What will my GP do now?

Your GP will talk to you about the bleeding so they can find the cause. They may do a blood test or a cervical screen. This is when they look at the inside of your vagina and cervix. They may take a small sample of your cervix for testing.

What will my GP do in the future?

Your GP will follow up with you to make sure your treatment is helping and check if you have any further concerns. If your treatment is not helping your symptoms, your GP may refer you to a specialist called a gynaecologist who may arrange more tests.

What questions could I ask my doctor?

- What is the likely cause of my bleeding?*
- What will happen at my specialist visit?*
- Are there other symptoms to look out for?*



What can I do?

Follow the treatment plan and advice of your GP. Attend all your check ups. If your bleeding does not stop with treatment, see your GP as soon as you can. You may want to keep a record of any bleeding that happens after menopause. Use your phone or a diary to note the frequency and how heavy the bleeding is.

What supports are available?

Contact your local women's health centre. There are a range of women's health services which can offer resources - [Women's Health Centres NSW – Women's Health NSW](#)
You can also ask your GP to refer you to a private gynaecologist.

Where can I learn more?

- **RANZCOG** – Hysteroscopy: ranzcoг.edu.au
- **Royal Women's Hospital** – Bleeding after menopause: thewomens.org.au