

20% of pre-menstrual women suffer from painful, irregular or heavy periods but do not realise that in most cases, they can be helped to improve the quality of their lives without surgery.

5% of women who are post menopausal expect to have difficulties and do nothing to alleviate their suffering.

The Hospital of St John & St Elizabeth has developed a one stop clinic, run by a consultant gynaecologist, where examination, scanning and treatment are offered at the same, and first, appointment.

This minimises cost and provides patients with a fast diagnosis and treatment option.

For an appointment

contact the outpatient
department on:

020 7806 4060

or

email: info@hje.org.uk

Public Transport

- We are just three minutes walk from **St John's Wood Underground Station** (*Jubilee Line*)
- Bus numbers **13, 46, 82** and **113** pass along Wellington Road. The nearest stop is just before St John's Wood Underground Station.
- Bus numbers **46 & 187** go along Circus Road. The bus stop is close to the Hospital's Circus Road entrance.
- Bus numbers **189 & 139** go along Abbey Road.

Car Parking

- There is a Public Car Park in Kingsmill Terrace (*just off Acacia Road*) but there is no parking at the Hospital.



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One Stop Menstrual Clinic



Hospital of
St John &
St Elizabeth

Menstrual Disorders

Abnormal uterine bleeding affects 20% of pre-menopausal women and 5% of post menopausal women.

Abnormal bleeding is described by having heavy, painful or irregular periods. It may also be bleeding between periods or after sexual intercourse. After the menopause bleeding is abnormal when it is not associated with HRT.

Causes

There are many causes for abnormal bleeding:

- Fibroids
- Endometrial polyps
- Cervical polyps
- Pelvic inflammation
- Endometriosis
- Adenomyosis

In many cases there is no cause for the bleeding found.

One Stop Clinic

At the Hospital of St John & St Elizabeth we have developed a clinic that aims to diagnose and treat, where possible, at one outpatient visit.

The Service

This is a consultant led service. Firstly the consultant takes a detailed and thorough medical history followed by an internal examination.

Many patients will have a blood test for anaemia and to test for an underactive thyroid.

Following the examination the consultant will undertake a vaginal ultrasound to:

- Determine any disturbance to the lining of the womb
- Check the size of the ovaries

As part of the investigation the consultant may undertake a fluid assisted scan (sonohysterography) to determine a clear picture of the problems.

Diagnosis

Diagnosis will determine the likely treatment options. In many cases this can include:

- Medical therapy (tablets)
- Hormone coil
- Thermoablation

Only when the above have been excluded will surgery be considered.

The clinic offers all of this at the first appointment.

To make an appointment contact the outpatient department 020 7806 4060

Appointments are available within one week and the hospital is extending the number of appointments available to meet demand.

Charges

Patients are advised that they will be required to pay for their own treatment unless they can provide an insurers pre-authorisation number.

The Hospital of St John & St Elizabeth recognises all insurance companies. Patients are advised to check their individual level of cover prior to starting treatment.