STANDARD TREATMENT WORKFLOW (STW)

Uterine Fibroids and Polyps

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Standard Treatment Workflow (STW) for the Management of
UTERINE FIBROIDS AND POLYPS
ICD-10-D25 & N84

EXAMINATION
GPE: Specially check for pallor
Abdominal examination: Check for any suprapubic mass or lump
P/P: Inspect cervix for local abnormalities
P/W: Assess for uterine size (enlarged and/or irregular uterus)

INVESTIGATIONS
Hemoglobin
Complete blood count

SYMPTOMS:
- Heavy menstrual/irregular bleeding
- Urinary pressure symptoms
- Heaviness and pain in abdomen, dysmenorrhea
- Mass in lower abdomen
- Infertility
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UTERINE FIBROIDS AND POLYPS
ICD-10-D25 & N84

**Symptoms:**
- Heavy menorrhagia/irregular bleeding
- Urinary pressure symptoms
- Headache and pain in abdomen, dysmenorrhea
- Mass in lower abdomen
- Infertility
- Asymptomatic

**Examination:**
- CPG: Specially check for polyps
- Abdominal examination: Check for any suprapubic mass or lump
- P/V: Inspect cervix for local abnormalities
- P/V: Assess for uterine size (enlarged and/or irregular uterus)

**Investigations:**
- Hemoglobin
- Complete blood count
- Thyroid function test
- USG

**Asymptomatic Fibroids (<5cm) do not need to be treated**

**Fibroids & Polyps**

- Endometrial polyps / submucous fibroids
- Fibroids
  - Small Fibroids (<5cm): Observation
  - Symptomatic: Medical management: Tranexamic acid, Levonorgestrel-releasing intrauterine system (IUC) at baseline normal
  - Symptomatic: Pragmatic drug: Estrogens
  - No Relief: Discuss treatment options based on age and parity

- Fibroid Polyps
  - Thin pedicle: Polypectomy
  - Thick pedicle: Individualized management at tertiary center

**Counselling is an Important Adjunct to Management**

This STW has been prepared by national experts of India with feasibility considerations for various levels of healthcare systems in the country. These guidelines are advisory, and each case must be assessed by a gynecologist. In the management of a particular patient, decisions should be based on the specific condition as decided by the healthcare provider. Indian Council of Medical Research and Department of Health Research, Ministry of Health & Family Welfare, Government of India.