

# SHIP8 Clinical Commissioning Groups Priorities Committee

No. 49

## **Policy Recommendation: Dilation and curettage in heavy menstrual bleeding**

**Date of issue: March 2019**

The Committee discussed the NHS England Evidence-based Interventions position and noted that there was no current formal position within Hampshire related to this treatment in the indication of heavy menstrual bleeding. It has specifically agreed to adopt the EBI guidance in full as set out below.

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 should not be used for diagnosis or treatment for heavy menstrual bleeding in women because it is clinically ineffective.

Ultrasonography scans and camera tests with sampling of the lining of the womb (hysteroscopy and biopsy) can be used to investigate heavy periods.

Medication and intrauterine systems (IUS) can be used to treat heavy periods. For further information, please see:

- <https://www.nice.org.uk/guidance/ng88>
- <https://www.nhs.uk/conditions/hysteroscopy/#alternatives-to-hysteroscopy>

### **Rationale for recommendation**

NICE guidelines recommend that D&C is not offered as a treatment option for heavy menstrual bleeding. There is very little evidence to suggest that D&C works to treat heavy periods and the one study identified by NICE showed the effects were only temporary. D&C should not be used to investigate heavy menstrual bleeding as hysteroscopy and biopsy work better. Complications following D&C are rare but include uterine perforation, infection, adhesions (scar tissue) inside the uterus and damage to the cervix.

**Review date: March 2023**

*Whilst the panel recognised the considered expert advice of NICE and NHS England EBI in their recommendation the panel also had a duty to prioritise spending of a finite resource locally and made a decision which it felt gave the most equitable and effective use of investment*