

CLINICAL POLICY ADVISORY GROUP (CPAG)

Dilatation and Curettage (D&C) for Heavy Menstrual Bleeding in Women Policy

This procedure requires prior approval. Prior approval must be sought through Blueteq.

Criteria

- Black – criteria required to be met prior to referral
- Blue – criteria to be met prior to procedure

Statement

Derby and Derbyshire CCG (DDCCG), has deemed Dilatation and curettage (D&C) for heavy menstrual bleeding in women should no longer be commissioned.

These commissioning intentions will be reviewed periodically. This is to ensure affordability against other services commissioned by the DDCCG.

1. Description of the Intervention

NICE guidelines recommend that D&C is not offered as a diagnostic or treatment option for heavy menstrual bleeding as there is very little evidence to suggest that it works to investigate or treat heavy periods.

Ultrasound scans and camera tests along with sampling of the lining of the womb (hysteroscopy and biopsy) can be used to investigate heavy periods. Medication and intrauterine systems (IUS) as well as weight loss, if appropriate, can treat heavy periods.

2. Summary of Intervention

D&C is a minor surgical procedure where the opening of the womb (cervix) is widened (dilated) and the lining of the womb is scraped out (curettage).

3. Recommendation

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

Ultrasound 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>

4. 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.

5. References

Adopted from NHSE Evidence-Based Intervention: Guidance for CCGs cited as:

1. NICE guidance: <https://www.nice.org.uk/guidance/ng88>
2. NHS advice: <https://www.nhs.uk/conditions/hysteroscopy/#alternatives-tohysteroscopy>

3. MacKenzie IZ, Bibby JG. Critical assessment of dilatation and curettage in 1029 women. *Lancet* 1978;2(8089):566–8.
4. Ben-Baruch G, Seidman DS, Schiff E, et al. Outpatient endometrial sampling with the Pipelle curette. *Gynecologic and Obstetric Investigation* 1994;37(4):260–2.
5. Gimpelson RJ, Rappold HO. A comparative study between panoramic hysteroscopy with directed biopsies and dilatation and curettage. A review of 276 cases. *American Journal of Obstetrics and Gynecology* 1988;158(3 Pt 1):489–92.
6. Haynes PJ, Hodgson H, Anderson AB, et al. Measurement of menstrual blood loss in patients complaining of menorrhagia. *British Journal of Obstetrics and Gynaecology* 1977;84(10):763–8.

6. OPCS code (s)

Q103

7. Appendices

Appendix 1 - Consultation

| Consultee | Date |
|--|-------------|
| Update based on Evidence-Based Intervention: Guidance for CCGs | 11 Jan 2019 |
| Public Health Input – Consultant in Public Health | April 2019 |
| Derbyshire Affiliated Commissioning Committee | April 2019 |

Appendix 2- Document Update

| Document Update | Date Updated |
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| First produced –version 1 | November 2014 |
| Policy updated –version 2 | April 2019 |
| Policy updated – version 2.1 (addition of ‘This procedure requires prior approval. Prior approval must be sought through Blueteq.’ as requested by contracting) | November 2019 |