DYSMENORRHEA

Assess patient factors

Are any of the following true?
• > 25 years of age AND first episode of dysmenorrhea
• History of endometriosis, ovarian cysts, fibroids, inflammatory bowel disease, irritable bowel disease
• IUD insertion in last 6 months

Assess symptoms

Are any red flags present?
• Sudden onset of pain with bleeding
• Persistent intermenstrual bleeding
• Intermenstrual pain (i.e. other than the 2st 3 days of period)
• Change in severity, pattern of pain or menstrual flow characteristics
• Patient reports lump in abdomen or pelvic area
• Fever or other signs of a systemic infection or disorder

Are there any atypical symptoms?
• Gynecological symptoms: dyspareunia, menorrhagia, post-coital bleeding
• Vaginal discharge, fever (pelvic inflammatory disease)
• Unilateral or non-midline pain

Symptoms are typical of 1° dysmenorrhea
• Lower abdominal, pelvic cramping pain
  +/- nausea, vomiting, diarrhea, fatigue, headache
• Regular pattern – onset with or shortly before menstrual period
• Duration two to three days/month

Follow up in 7 days after each treatment attempt
Symptoms relieved?

Try different treatment for another 3 month trial. Ensure patient using optimally (pre-dosing, loading dose)

Follow up in 7 days after each treatment attempt
Symptoms relieved?

Continue treatment

NO

YES

YES

YES

NO

NO

NO

REFER

REFER

REFER

REFER