



PRIMARY CARE
WOMEN'S HEALTH FORUM

THIS RESOURCE IS INTENDED FOR UK HEALTHCARE PROFESSIONALS ONLY

10 TOP TIPS

for PCOS in Primary Care

This resource has been produced by PCWHF consensus. Remember that these are guidelines and to please use your clinical judgement on a case-by-case basis.

10 top tips for PCOS in Primary Care

1.

Consider PCOS in women with no periods or cycle length greater than 35 days, whatever her BMI.

2.

Consider PCOS in women with adult onset acne.

3.

Ultrasound scan is not always required to make the diagnosis of PCOS and if performed consider trans-vaginal scanning.

4.

Provide supportive lifestyle modifications including dietary and exercise advice.

5.

Offer treatment of hyper-androgenic symptoms with CHC if not contra-indicated or refer for specialist advice if high risk for CHC use.

6.

Recognise the psychological impact of PCOS and support with patient information i.e. Verity (www.verity-pcos.org.uk)

7.

Aim to normalise BMI and reduce other risk factors before pregnancy.

8.

PCOS is a lifelong condition requiring individualised holistic healthcare.

9.

Offer endometrial protection to prevent endometrial hyperplasia.

10.

Offer annual screening to reduce risks of cardio-vascular disease.