

OBJECTIVE

Clinicians in Alberta optimize laboratory tests for investigation of amenorrhea (without hirsutism) and suspected menopause

TARGET POPULATION

Women with primary amenorrhea

Girls with the lack of breast development by age 14 years, or by the lack of menses by age 16 in the presence of normal secondary sexual development, or by the lack of menses by three years after the larche

Women with secondary amenorrhea (more than six months without menses after prior establishment of menses)

EXCLUSIONS

Pregnant women

RECOMMENDATIONS

PRIMARY AMENORRHEA

- ✓ Refer for appropriate medical consultation

SECONDARY AMENORRHEA

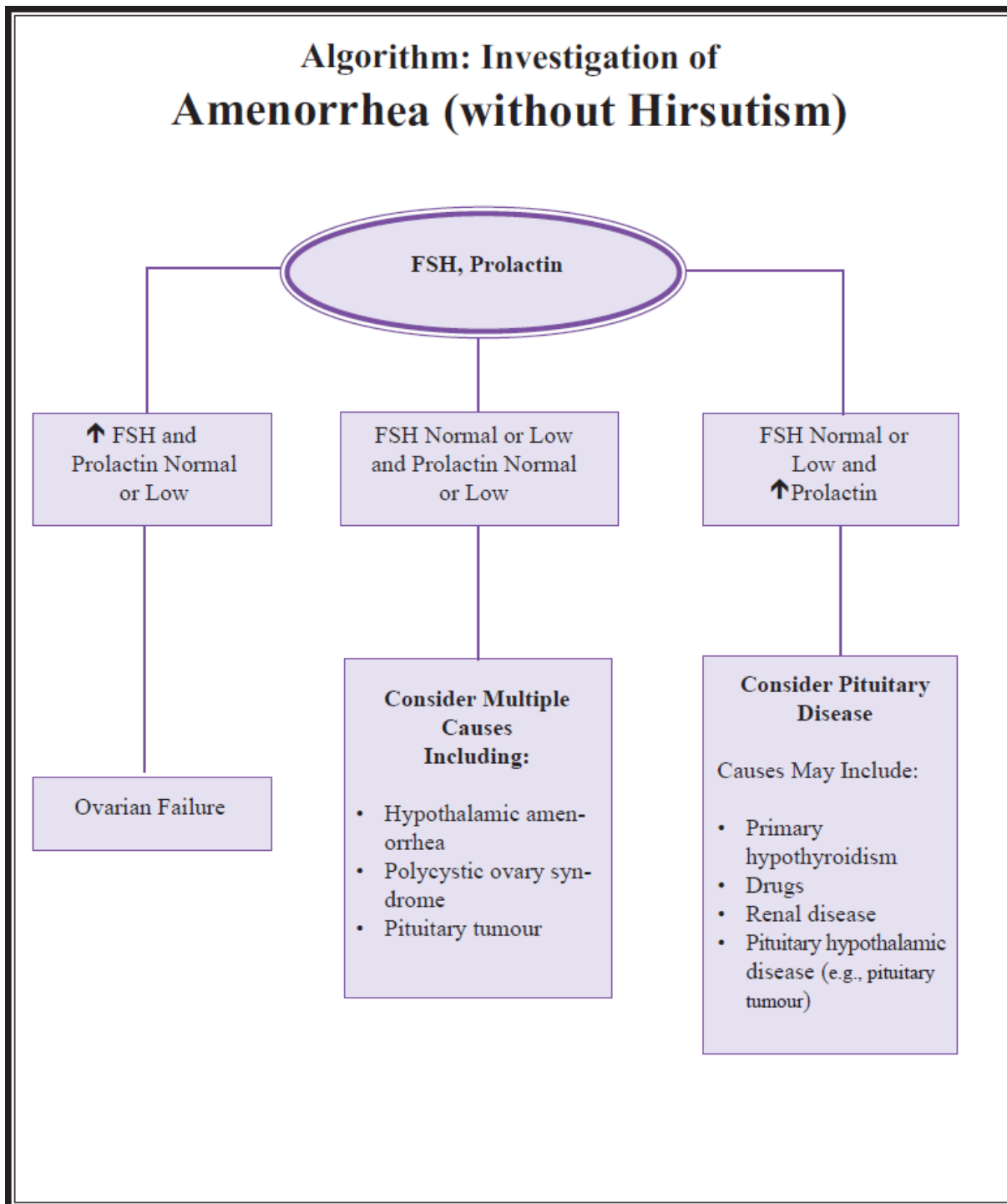
Defined as no menses \geq six months or fewer than three menses in six months

- ✓ Rule out pregnancy
- ✓ Order a follicle stimulating hormone (FSH) and a prolactin level, to determine the amenorrhea disease category
- ✓ Follow endocrine testing algorithm (see [Appendix A](#))
- ✓ Repeat endocrine testing if necessary to confirm a diagnosis

MENOPAUSE

- ✓ Order FSH to confirm menopause – this is the ONLY TEST NEEDED
- X DO NOT test for luteinizing hormone (LH), FSH, estradiol and progesterone for diagnosis or monitoring treatment
- X DO NOT order follow-up testing for patients receiving hormone replacement therapy as results do not reflect the adequacy of treatment

APPENDIX A



April 1998
 Revised January 2001
 Reviewed January 2008
 Reviewed May 2014