

C4.1 - AMENORRHEA

Policy

Amenorrhea is the absence or cessation of menstruation. Primary amenorrhea refers to the absence of any menstrual periods by age 16. Clients with primary amenorrhea should be referred to a Clinical Services Provider for evaluation. Secondary amenorrhea occurs when a client was previously menstruating, but then stopped having periods for an equivalent of three previous cycle intervals or for three months. In sexually active women, pregnancy is the most likely cause of missed periods.

Procedure

If amenorrhea is accompanied by a negative pregnancy test, clinicians should consider other causes for the absence of menses. Clinical Services Providers may choose either to refer clients with secondary amenorrhea to another provider or clinic for evaluation or initiate evaluation themselves. The evaluation of amenorrhea is not a Title X service except for pregnancy diagnosis. Clients who are referred must be made aware of the importance of timely follow up care to their long-term health.

If initial evaluation is undertaken in the Title X clinic, a policy agreed upon by the CSP and medical director must be in place, including indications for referral.

Date Revised	September 2023
References	Providing Quality Family Planning Services Recommendations of CDC and the U.S. Office of Population Affairs (QFP) [2014] https://www.hhs.gov/opa/guidelines/clinical-guidelines/quality-family-planning/index.html
Additional Resources	