Post-coital bleeding

Post-coital bleeding is defined as spotting or bleeding that is not related to menstruation and occurs during or after sexual intercourse.

Why is it important?

- Post-coital bleeding is the presenting complaint in 11% of cervical cancers.
- Cervical cancer is the second most common global cancer in women.
- In the UK, cervical cancer most commonly affects women aged 25-64y, with a peak incidence at 30-34y.
- Women presenting with post-coital bleeding who are found to have cervical cancer are often diagnosed with a higher stage of cancer than asymptomatic women.

However, the vast majority of cases of post-coital bleeding are due to benign processes, and in around 50% of women spontaneous resolution occurs within 2y (Obstet Gynaecol Int 2014; Article ID 192087).

Cause of post-coital bleeding

Post-coital bleeding is predominantly cervical in origin (BMJ 2013;346:3251). Main causes are:

- Cervical ectropion (34%).
- Cervical polyp (5-13%).
- Cervicitis (STIs - usually chlamydia) (2%).
- CIN (7-17%).
- Cervical cancer (0.65--4%).
- Rare causes include syphilis, herpes simplex, vaginal atrophy, vaginal cancer, pelvic organ prolapse, endometrial cancer, endometriosis, trauma.

No specific cause is identified in 50% of cases.

Assessment of post-coital bleeding

History

Take a menstrual, sexual and gynaecological history. Ask about intermenstrual bleeding, vaginal discharge, dyspareunia or pain. Ensure smear tests are up to date and ask about any previous abnormalities or colposcopic investigations.

Examination

- Perform a speculum examination specifically to visualise the cervix for ectropia, cervicitis and cancers.
- 80% of cervical cancers are visible on speculum examination.
- Take swabs for STI especially if there is evidence of cervicitis.
- Do a pregnancy test.
- Only do a cervical smear if it is due (this is a screening test not an investigation for symptomatic women; the proportion of cervical cancer diagnosed in women who have had a recent normal smear is 0.6%, i.e. low!).

Management of post-coital bleeding

The DoH and NICE guidelines recommend the following:

- Refer any woman with an abnormal looking cervix to colposcopy under the 2ww rule.
- Refer any woman with benign cervical lesion which cannot be managed in primary care (e.g. large cervical polyp, cervical ectropion) to gynaecology.

If the cervix is normal and swabs are negative wait to see if symptoms settle. If persistent post-coital bleeding (6-8w) - refer colposcopy. (Department of Health, 2010; Clinical Practice Guidance for the Assessment of Young Women aged 20-24 with Abnormal Vaginal Bleeding; NICE 2005, CG27).
Post-coital bleeding

- Can be indicative of cervical cancer.
- The majority of cases are due to benign processes and settle spontaneously.
- A speculum examination should be performed to visualise the cervix.
- Refer any woman with an abnormal cervix under the 2ww rule.

We make every effort to ensure the information in these pages is accurate and correct at the date of publication, but it is of necessity of a brief and general nature, and this should not replace your own good clinical judgement, or be regarded as a substitute for taking professional advice in appropriate circumstances. In particular check drug doses, side effects and interactions with the British National Formulary. Save insofar as any such liability cannot be excluded at law, we do not accept any liability for loss of any type caused by reliance on the information in these pages.
Our comprehensive one-day update courses for GPs, GP STs, and General Practice Nurses.

We do all the legwork to bring you up to speed on the latest issues and guidance.

All our courses are:

Relevant  Developed and presented by practising GPs and immediately relevant to clinical practice.

Challenging  Stimulating and thought-provoking.

Unbiased  Completely free from any Pharmaceutical company sponsorship.

Fun!  Humorous and entertaining – without compromising the content!

Are they for me?

Our courses are designed for:

• GPs, trainers and appraisers preparing for appraisal and revalidation or wanting to keep up to date across the whole field of general practice.

• GP ST1, 2 & 3, looking for the perfect launch pad into general practice and help with AKT and CSA revision.

• GPs who want to be brought up to speed following maternity leave or a career break.

• General Practice Nurses, especially those seeing patients with chronic diseases.

What’s included?

• 6 CPD credits in a lecture based format, with plenty of time for interaction, humour and video clips, to keep you focussed and awake.

• A printed copy of the relevant Handbook including the results of the most important research in primary care over the last 5 years and covering the subjects more extensively than possible in the course.

• 12 months subscription to www.gpcpd.com. With three times the content of the handbook, it allows you to capture CPD credits as you read on the site and use it in consultations! It also comes with focussed learning activities to earn further CPD credits.

• Buffet lunch and refreshments throughout the day!

What’s not included?  Our courses contain NO theorists, NO gurus, NO sponsors, NO reps on the day! Just real life GPs who will be back at the coal face as soon as the course has finished.

www.gp-update.co.uk
The GP Update Course – our flagship course!

With the amount of evidence and literature inundating us, it can be hard to know which bits should change our practice, and how. Our GP presenters summarise and discuss the results of the most important new evidence and guidance, concentrating on what it means to you and your patients in the consulting room tomorrow.

Oxford Fri 30 Sep
Southampton Sat 1 Oct
Cardiff Wed 5 Oct
Exeter Thur 6 Oct
London Fri 7 Oct
London Sat 8 Oct
Leeds Wed 12 Oct
Liverpool Thur 13 Oct
Manchester Fri 14 Oct
Birmingham Sat 15 Oct
Cambridge Tue 18 Oct
London Wed 19 Oct
Nottingham Thur 20 Oct
Inverness Wed 2 Nov
Edinburgh Thur 3 Nov
Glasgow Fri 4 Nov
London Fri 10 Mar
London Sat 11 Mar
Oxford Thur 16 Mar
Leeds Fri 17 Mar
Birmingham Sat 18 Mar
Bristol Wed 10 May
Exeter Thur 11 May
London Fri 12 May
London Sat 13 May
Newcastle Wed 17 May
Sheffield Thur 18 May
Manchester Fri 19 May
Birmingham Sat 20 May
Norwich Tues 23 May
Bedford Wed 24 May
London Thur 25 May
Belfast Wed 7 June

The Women’s Health Update Course

This one day update is a comprehensive guide to understanding and managing common gynaecological problems in general practice. You will meet “the Fallopians”, a fictitious family with more gynaecological complaints than you can shake a speculum at. Using a case-based approach will give you the skills to manage your female patients in a real surgery.

We aim to make the day fun, interactive as well as educational. You will leave the course feeling more confident, knowledgeable and with a much stronger pelvic floor!!! The day is designed for all GPs and GP STs – not just those with a special interest!

Exeter Thur 3 Nov
London Fri 4 Nov
Leeds Thur 10 Nov
Manchester Fri 11 Nov

The Cancer Update Course

Within the next 15 years the need for cancer care will double and you will look after as many cancer survivors as diabetics.

Shared care follow up will become the norm, secondary care will pass responsibility to us.

A key 2015 Lancet Oncology commission paper warned that: “GPs are inadequately trained and resourced to manage the growing demand for cancer care in high income countries”.

Education for GPs was one of their 5 key recommendationsx – we can help!

The Cancer Update Course covers many more topics in much more depth than our GP Update Course. It offers you time to reflect and put into practice your cancer learning.

Cancer care is changing – get ahead with the Red Whale Cancer Update Course.

Manchester Thur 10 Nov
Birmingham Fri 11 Nov
Cambridge Thur 17 Nov
London Fri 18 Nov

OUR UPCOMING COURSES

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**Our Upcoming Courses**

**Lead. Manage. Thrive! – The NEW management skills course for GPs.**

Sometimes it feels like the thriving GP is an endangered species – demands on limited time and resources have never been higher. Our practices run in ever more complex ways and our teams extend beyond the practice walls. Often we get that instinctive feeling that there must be a better way to do things but creating the space to make it happen can be difficult.

As usual Red Whale has done all the legwork to bring you a concise, practical and actionable one day course and handbook. Not only have we trawled through lots of relevant management, leadership and development literature, but we have also distilled its content through the lens of real GPs, enabling you to apply it to the reality of your practice.

**Leeds** Fri 18 Nov  
**Birmingham** Sat 19 Nov  
**Bristol** Fri 25 Nov  
**Cambridge** Sat 26 Nov

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**Our Consultation Skills Courses**

One day small group courses designed for GPs, GP STs and General Practice Nurses.

The courses have a practical focus and lots of engaging exercises allowing delegates to rehearse the most effective consultation behaviours. But don’t worry, there won’t be any role playing in front of everybody!

**The Telephone Consultation Course**

With the increased importance of telephone consultations this course aims to deliver practical skills which can be put to use immediately. The telephone is being used more and more by nurses as well as doctors in primary care, for triage, consultation and follow-up; in the daytime as well as out of hours. Our goal is to help you overcome difficulties and leave you with concrete ideas to enhance your own telephone contacts with patients.

**London** Thu 6 Oct  
**Manchester** Thu 13 Oct

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**The Effective Consultation Course**

The Course focuses on behaviours which enhance effective use of time in the consultation. Efficient consultations reduce clinical risk and lower the risk of complaints and lawsuits. The course uses the rich evidence base on which consultation behaviours enhance effectiveness and how to go about learning them. We focus on actions and you will leave with many practical tips to use in your consulting room the following day.

**Leeds** Wed 5 Oct  
**London** Fri 25 Nov

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**The Medically Unexplained Symptoms Course**

A significant proportion of patients who present to us will turn out to have symptoms that are medically inexplicable. We all know that there is no magic solution with these patients and sometimes they leave us feeling defeated and not sure what to do. However, there is evidence which can help address the issue.

**London** Thu 20 Oct

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**Prices:**

**GP Update Course:**  
GP £195 | GP Registrar £150 | Nurse £150

**All other courses:**  
£225 or £210 for members of [www.gpcpd.com](http://www.gpcpd.com)  
(GPCPD members, please log in and then click on the relevant button within the ‘Member information’ box on the right of the home screen to get your discount code)
Red Whale In-House Courses

Did you know that all of our courses can also be run ‘in-house’ for CCGs, Clinical Groups and STs groups?

- The GP Update Course
- The Women’s Health Update Course
- The Cancer Update Course
- The GPN Update Course – For all General Practice Nurses
- The Pharmacist Update Course – For all Primary Care Pharmacists
- The Telephone Consultation Course
- The Effective Consultation Course
- The Medically Unexplained Symptoms Course

And we have some additional ones that we only offer as In-House Courses:

- The GP ST Update Course
- The Shared Decision Making Course
- The Effective Consultations for CSACourse
- The Patient Behaviour Change Course

And don’t forget the usual perks of any Red Whale course

- A printed copy of the relevant Handbook covering the results of the most important research in primary care over the last 5 years.
- 12 months subscription to the relevant online CPD tracking tools, home of the Update Handbooks online and CPD tracker system.
- 100% unbiased content and 0% Pharma company sponsorship

I would like to come on the following course(s) (please write legibly!):

☐ The GP Update Course (location).............................................................   (date).........................
☐ The Women’s Health Update Course (location).............................................................   (date).........................
☐ The Cancer Update Course (location).............................................................   (date).........................
☐ Lead. Manage. Thrive! (location)............................................................. (date).........................
☐ The Telephone Consultation Course (location)............................................................. (date).........................
☐ The Effective Consultation Course (location).................................................. (date).........................
☐ The Medically Unexplained Symptoms Course (location)............................................................. (date).........................

I can’t attend a course but would like to order your Handbook or DVD

☐ GP Update Handbook and 12 months access to GPCPD £150
☐ GP Update Handbook, DVD and 12 months access to GPCPD £225
☐ Women’s Health Update Handbook £70
☐ Cancer Update Handbook £70

Name...............................................................................   Address...................................................................................................

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Email...................................................................................................................................................................................................

(Please write your email address clearly as we’ll use it to send your confirmation letter and receipt.)

Price as stated above for each course. If applicable, please provide your discount code here........................................................

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GP Update, The Science and Technology Centre, Earley Gate, Whiteknights Road, Reading RG6 6BZ

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BMJ/130816