



Adolescent Medicine Management and Referral Guidelines

Provided by

Adolescent Medicine
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Menstrual Irregularity

Menstrual disturbances: ICD-10 codes (N91.3-N92.4)

Heavy menstrual bleeding with regular cycle: N92.0

Heavy menstrual bleeding with irregular cycle: N92.1

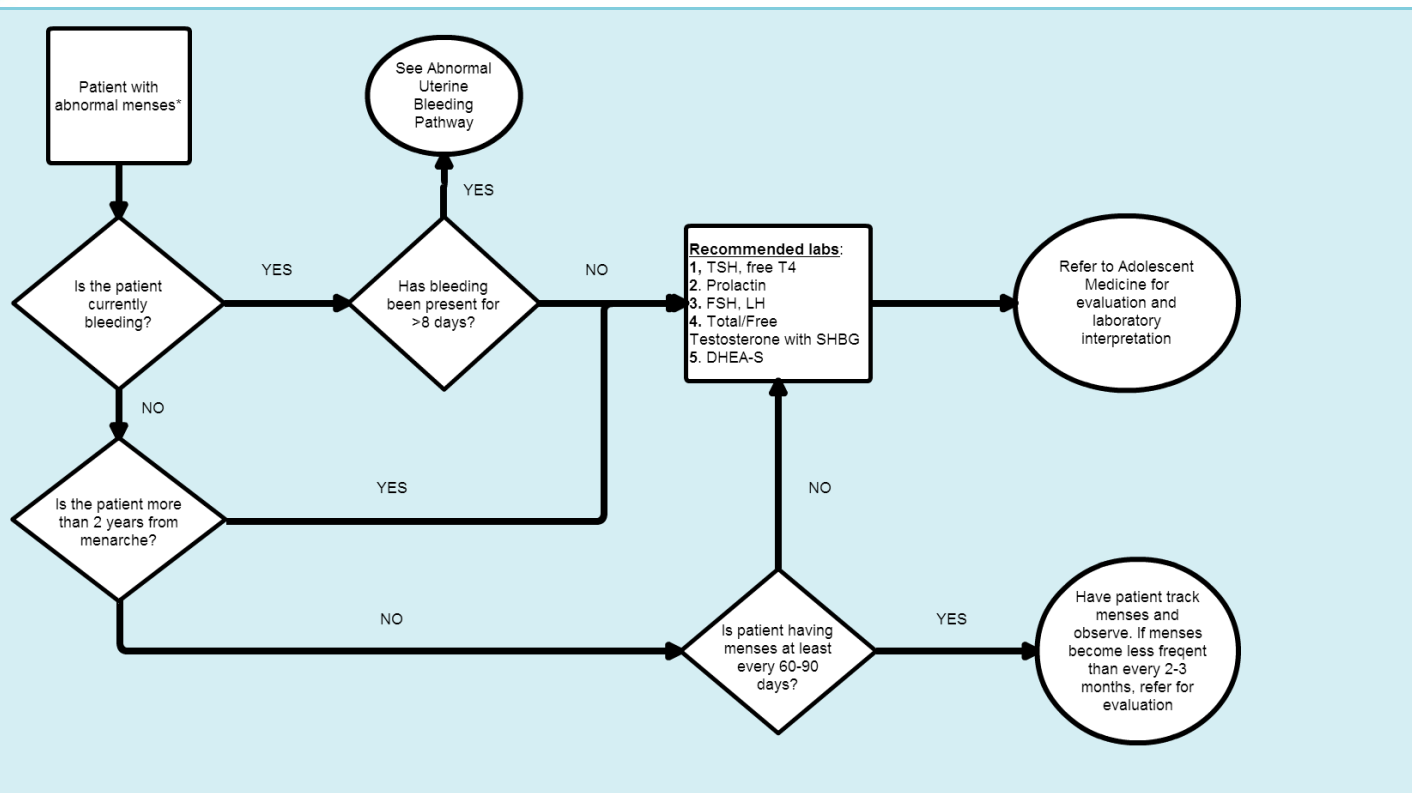
Primary amenorrhea: N92.0

Primary oligomenorrhea: N91.3

Secondary amenorrhea: N92.1

Secondary oligomenorrhea: N92.4

<p>Target Population</p>	<ul style="list-style-type: none"> • Adolescents and young adult females
<p>Clinical Findings</p>	<ul style="list-style-type: none"> • Normal menstrual cycles range from 21-45 days. 90% of girls even in the first post-menarchal year will have menstrual cycles that fall into this range. • Bleeding duration of less than 8 days is considered normal. • Normal blood loss is less than 80mL per cycle, although this is difficult to quantify in adolescents. <p>Cycles falling outside of these parameters are considered abnormal.</p>
<p>Evaluation and Treatment Recommendations</p>	<p>Recommended laboratory evaluation: (based on below pathway)</p> <ol style="list-style-type: none"> 1. TSH with reflex to free T4: CPT 84443 2. Prolactin: CPT 84146 3. FSH: CPT 83001 4. LH: CPT 83002 5. Testosterone (total, free/bioavailable, SHBG): CPT 82040, 84270, 84403 6. DHEA-S: CPT 82627



Red Flags

If at any time patient develops signs/symptoms that make more urgent evaluation important, please alert Adolescent Medicine clinic (512-324-6534) to this change in status.

These guidelines are designed to be used by primary care physicians wishing to refer children and adolescent patients with suspected eating disorders for additional evaluation and care. They are recommendations and are based on best evidence and expert consensus¹.

- If patient is actively bleeding, please refer to *Abnormal Uterine Bleeding* pathway for management and referral (<https://www.dellchildrens.net/wp-content/uploads/2015/10/DCMCAbnormalUterineBleedingGuideline1.pdf>)
- If patient is hemodynamically unstable, she should be transferred immediately to the Emergency Department.

Treatment Recommendations	<ul style="list-style-type: none">• Patients with menstrual irregularities that are not having active bleeding can be seen by the adolescent medicine team on a routine basis in the office.
Additional Information	<ul style="list-style-type: none">• See Appendix I for common adolescent medicine ICD-10 Codes and definitions.

If at any time patient develops signs/symptoms that make more urgent evaluation important, please alert Adolescent Medicine clinic (512-324-6534) to this change in status or go to the Emergency Department.

These guidelines are designed to be used by primary care physicians wishing to refer children and adolescent patients with abnormal menstrual bleeding for additional evaluation and care. They are recommendations and are based on best evidence and expert consensus.