

Table 1 - Pharmacologic Options for AUB in Adolescents

Drugs	Acute AUB			Long Term Management	Side Effects	Contraindications
	Mild anaemia Hb 10-12g/dL	Moderate anaemia Hb 8-10g/dL	Severe anaemia Hb ≤ 7 g/dL			
Combined Oral Contraceptives (30-35µg Ethinyl Estradiol)	1 pill 12/12h until bleeding stops 1 pill daily x 21 days (d)	1 pill 6/6 hours (h) x 2 d 1 pill 8/8h x 2 d 1 pill 12/12h x 2 d 1 pill daily start a new pack with active pills (skipping placebo)	1 pill 4/4h or 6/6h x 2-3 d 1 pill 8/8h x 3 d 1 pill 12/12h x 2-7 d 1 pill daily	Continuous regimen x 3 months Cyclic regimen x at least 6 months	Nausea and vomiting (an antiemetic drug is recommended) Spotting or breakthrough bleeding Headache Breast tenderness	- Pregnancy - Thromboembolic disease (active or previous) - Known thrombogenic mutations - Hypertension - Breast cancer - Systemic lupus erythematosus - Hepatic dysfunction - Migraines with aura - Congenital cardiac anomalies
Estradiol 2mg oral	-	2 mg 6/6h x 2 d, 2 mg 8/8h x 2 d then 2 mg 12/12h x 2 days Add an oral progestin for 10-14 days	4 mg 6/6h until bleeding stops (maximum 24 h) 2 mg 6/6h x 2 days 2 mg 8/8h x 2 days 2 mg 12/12h x 2 days 2 mg daily + An oral progestin x 10 - 14 d	-		
Norethisterone acetate oral	5-10 mg 12/12h x 7d	5-10 mg 8/8h x 3d 5-10 mg 12/12h x 7d 5-10 mg daily	5-10 mg 6/6h x 4d 5-10 mg 8/8h x 3d 5-10 mg 12/12h x 7d 5-10 mg daily	5 mg daily x 10-14 d each month If contraception is needed: Desogestrel daily	Nausea and vomiting (an antiemetic drug is recommended) Episodic breakthrough bleeding Amenorrhea Breast tenderness	- Pregnancy - Breast cancer - Liver dysfunction
Medroxy-progesterone acetate oral	10-20 mg 12/12h x 7d	10-20 mg 12/12h x 7d 10-20 mg daily x 3 weeks	10-20 mg 6-8h x 1week 10 mg 12/12h x 1 week 10 mg daily	10 mg x 10-14 d each month If contraception is needed: Desogestrel daily		
NSAID	Ibuprofen 400 mg 8/8h Mefenamic Acid 500 mg 8/8h x 3-5 d	Ibuprofen 400mg 8/8h Mefenamic Acid 500 mg 8/8h x 3-5 d	Mefenamic acid 500 mg 8/8h, Ibuprofen 400 mg 8/8h Naproxen from 250 and 500 mg 12/12h	-	Negative effect on platelet aggregation and clotting factor enhancement	- Suspected bleeding disorders - Pregnancy - Inflammatory bowel disease - Severe asthma - Cardiovascular disease
Tranexamic acid	-	10 mg/kg IV every 6-8h or 1000-1500 mg orally 8/8h x 5 d	10 mg/kg IV every 6-8h 1000-1500 mg orally 8/8h x 5 d	-	Nausea/vomiting Diarrhea Headaches	- CID - Thromboembolic disease - Macroscopic haematuria
Aminocaproic acid	-	3-6 g 6/6h oral or IV until bleeding control	3-6 g 6/6h oral or IV until bleeding control	-	Muscular pain Risks of thromboembolic complications	- Severe renal impairment - Pregnancy - Disturbances of colour vision
GnRH agonist (Leuprolide acetate)	-	-	3,75 mg IM every month Add back therapy	-	Vasomotor symptoms and bone mineral density loss	-
Vasopressin	-	-	Collaboration with a haematologist 300 µg/d nasally	-	Hypematremia Mild tachycardia, headache and flushing	-
Levonorgestrel intrauterine device 52mg	-	-	-	Insertion every 5 years Releases 20 mcg/d	Amenorrhea / irregular bleeding or spotting Cramping Androgenic skin changes Breast tenderness	- Pregnancy - Active pelvic infection - Severe distortion of uterine cavity