DIAGNOSTIC ALGORITHM FOR UTERINE FIBROIDS

ASSESS PRESENCE OF SYMPTOMS AND PATIENT HISTORY

SYMPTOMS/INDICATORS CONSISTENT WITH UF:

- · Abnormal uterine bleeding
- Bowel dysfunction
- Constipation
- Dyspareunia
- Excessive menstrual bleeding
- · Low back pain
- Pelvic pressure
- Urinary frequency and urgency
- Urinary retention

PERFORM PHYSICAL EXAMINATION

PHYSICAL INDICATORS THAT MAY BE PRESENT:

- Firm, palpable mass identified when palpating the abdomen or uterus
- Presence of a distended abdomen
- Enlarged or irregularly shaped uterus noted on pelvic examination

Physical examination may be normal; this should not rule out UF, particularly if other symptoms are present

LABORATORY EVALUATION

- Consider hemoglobin measurement to assess for anemia
- Pregnancy test
- Pap test

IMAGING AND ENDOSCOPY

UF MASSES ARE DETECTABLE VIA:

- Ultrasound (transvaginal or trans abdominal +/- saline infusion)
- Hysteroscopy
- MRI

DIAGNOSIS

Differential diagnosis based on patient history, physical examination, and imaging results

REFERENCES:

De La Cruz MS, Buchanan EM. *Am Fam Physician*. 2017;95(2):100-107. Donnez J, Dolmans M-M. *Hum Reprod Update*. 2016 Nov;22(6):665-686.

ABBREVIATIONS:

MRI: magnetic resonance imaging UF: uterine fibroid