

Royal College of Obstetricians and Gynaecologists (RCOG) submission of 3 July 2023

PE2012/C: Remove need for follicle-stimulating hormone (FSH) blood tests before prescribing Hormone Replacement Therapy (HRT)

Thank you for your letter of 2 June, asking for the RCOG's view on the issues raised in 'PE2012: Remove need for follicle-stimulating hormone (FSH) blood tests before prescribing Hormone Replacement Therapy (HRT)'.

The RCOG has sought expert advice on this matter from the British Menopause Society (BMS), which is a specialist society of the College. The BMS has advised that, in accordance with NICE guidelines, FSH blood tests should be *considered* for women aged 40 to 45, but should not be required. The tests are not recommended to diagnose perimenopause or menopause in women aged 45 or over. Perimenopause and menopause can be diagnosed and treated in these women without a blood test, with HRT as a treatment option.

Should you require any further information on this, do please contact the BMS.

I hope this is helpful.