

Ovarian Cyst - Diagnosed

This pathway is for the management of ovarian cysts confirmed by ultrasound scan.

Red Flags

- 🚩 Ovarian cancer

Management

1. **Pre-pubertal** (cyst any size or type) – arrange gynaecology assessment.
2. **Any age** (cyst solid, complex, or > 5 cm) – order Ca125 and arrange gynaecology assessment.
3. **Pre-menopausal** (cyst < 5 cm and = simple/haemorrhagic, and the patient:

Simple cyst

- Unilocular, not septated, and no solid components.
- Asymptomatic simple cysts < 5 cm in pre-menopausal women do not require ultrasound follow-up.¹
- Simple cysts (< 5 cm) in pre-menopausal women are low risk of malignancy.

Source: Overview of the Evaluation and Management of Adnexal Masses

asymptomatic, no further follow-up required.

- becomes or remains symptomatic, arrange a repeat ultrasound scan.

If scan shows the cyst has enlarged, consider gynaecology assessment.

4. **Post-menopausal** (cyst is < 5 cm and = simple/haemorrhagic) – check Ca125.

Simple cyst

- Simple cysts (< 5 cm) in post-menopausal women are low risk of malignancy.
- If > 35 units per mL, arrange gynaecology assessment.
- if < 35 units per mL, repeat scan and Ca125 in 4 months.
 - If the repeat scan shows the cyst has increased or Ca125 > 35 units per mL, arrange gynaecology assessment.
 - If the repeat scan shows the cyst remains, but has not increased in size or developed any suspicious features, and Ca125 < 35, arrange a further scan and Ca125 in 4

months. These investigations can be repeated up to a maximum of **three times**.

Third repeated scan in post-menopausal women

After the third repeated scan:

- if there is still concern, arrange **gynaecology assessment**.
- if there is no change, these investigations can stop.

Request

Request **gynaecology assessment** and include your patient's menstrual status in your referral, as one of the following:

- pre-pubertal
- pre-menopausal
- post-menopausal.

Attach results of: scan, CA125, LFTs.

Your patient may also wish to consider a private referral.

Information

For health professionals

BMJ Learning – [The Royal New Zealand College of General Practitioners Modules](#) [requires registration] – Recognising early symptoms of **ovarian** cancer (in association with Target **Ovarian** Cancer)

Royal College of Obstetricians and Gynaecologists:

[Ovarian Cysts in Post-menopausal Women](#)

[Management of Suspected **Ovarian** Masses in Premenopausal Women](#)

For patients

Patient – [Ovarian Cyst](#)

Sources

References

1. Levine D, Brown DL, Andreotti RF, Benacerraf B. [Management of asymptomatic **ovarian** and other adnexal cysts imaged at US: Society of Radiologists in Ultrasound Consensus Conference Statement](#). Radiology. 2010.