

9<sup>th</sup> June 2026

Eastbourne District General Hospital  
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Website: [www.esht.nhs.uk](http://www.esht.nhs.uk)

Further to your recent request for information made under the Freedom of Information Act (FOIA) 2000, I now set out our answers to your specific questions, and any clarifications sought and provided, as follows:

**Please could you supply me with the following:**

**1) The latest version of the local guidelines used for the treatment of Uterine Fibroids.**

East Sussex Healthcare NHS Trust does not have local guidelines for the treatment of Uterine Fibroids.

- **If there are no local guidelines written, then which National Guidelines are your clinicians directed to use?**

The Trust would refer to:

- NICE Guideline 88 for Heavy Menstrual Bleeding.
- NICE guidance on the use of relugolix–estradiol–norethisterone (Ryeqo) for treating symptoms of Endometriosis.
- The Royal College of Obstetricians & Gynaecologists' guideline on fibroid embolization.

**2) The latest version of the local guidelines used for the treatment of Endometriosis.**

East Sussex Healthcare NHS Trust does not have local guidelines for the treatment of Endometriosis.

- **If there are no local guidelines written, then which National Guidelines are your clinicians directed to use?**

The Trust would refer to:

- NICE guidance on the use of relugolix–estradiol–norethisterone (Ryeqo) for treating symptoms of Endometriosis.

- The Royal College of Obstetricians & Gynaecologists' Green-top Guideline No. 41 – 'The Initial Management of Chronic Pelvic Pain'.

**3) Which Hospitals within your catchment area are centres for the treatment of Uterine Fibroids and Endometriosis?**

Patients are reviewed at both Eastbourne District General Hospital and Conquest Hospital (St Leonards-on-Sea) within general gynaecology clinics for the management of fibroids and endometriosis, including provision of second-line care. However, these sites are not commissioned as specialist centres for the dedicated treatment of uterine fibroids and, in particular, endometriosis. Patients requiring tertiary-level intervention are therefore referred outside the Trust, typically to University Hospitals Sussex NHS Foundation Trust or Maidstone and Tunbridge Wells NHS Trust.

Their contact details are as follows:

By email: [UHSussex.foi@nhs.net](mailto:UHSussex.foi@nhs.net)

By email: [mtw-tr.foiadmin@nhs.net](mailto:mtw-tr.foiadmin@nhs.net)

**4) Can I have a link to the formulary of formularies that cover the hospitals listed in question 3.**

East Sussex Healthcare NHS Trust (alongside University Hospitals Sussex NHS Foundation Trust) is currently using the Sussex formulary:

[Welcome to The Sussex Formulary](#)

Patients seen by the Maidstone and Tunbridge Wells NHS Trust will be governed by the Kent formulary:

[Kent and Medway Formulary](#)

I trust this information is helpful in its detail or explanation however, if you are dissatisfied with the response, then you have the right to request an internal review. If you wish to seek an internal review, please write to the Freedom of Information Team at [esh-tr.foi@nhs.net](mailto:esh-tr.foi@nhs.net) quoting the above FOI reference number, within 40 working days. Please note the Trust is not obliged to accept a request for an internal review after this time period.

Yours faithfully

Freedom of Information (FOI) Team  
East Sussex Healthcare NHS Trust  
0300 131 4716  
Core Hours of Business: Monday to Friday 9.00am to 4.00pm