

**Polycystic ovary syndrome: assessment and management  
Guideline Committee Meeting 4**

**Date:** 10/11/2025

**Location:** Hybrid (Manchester)

**Minutes:** Final



<b>Committee members present:</b>	
Rebecca Payne (Chair)	Present for notes 1 – 13
Aled Rees (Topic adviser)	Present for notes 1 – 13
Clare Devaney-Glynn	Present for notes 1 – 13
Catherine Gallagher (Co-opted Committee member)	Present for notes 1 – 13
Araya Gautam (AG)	Present for notes 1 – 13
Hassan Kahal (Co-opted Committee member)	Present for notes 1 – 13
Punith Kempegowda	Present for notes 1 – 13
Judith Ibison	Present for notes 1 – 13
Sharon Manship	Present for notes 1 – 13
Raj Mathur	Present for notes 1 – 13
Chetna Patel	Present for notes 1 – 13
Bassel Wattar	Present for notes 1 – 13
Nadia Rahman	Present for notes 1 – 13

<b>In attendance:</b>		
Alexandra Bonnon	Health Economist	Present for notes 1 – 13
Bethan Dorsett, Senior Guidance Content Designer	Content Designer	Present for notes 1 – 13
Sophia Kemmis-Betty, Health Economics Adviser	Health Economics Adviser	1-12 (partway) (virtual)
Clifford Middleton, Topic Lead	Topic Lead	Present for notes 1 – 13
Vonda Murray, Project Manager	Project Manager	Present for notes 1 – 13
Suzie Panek, Resource Impact Lead	Resource Impact Lead	Present for notes 1 – 13
Julie Neilson, Senior Technical Analyst	Senior Technical Analyst	Present for notes 1 – 13

## 4.0.03 DOC Cmte minutes

Charlotte Rawstrone, Technical Analyst	Technical Analyst	Present for notes 1 – 13
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### Observers:

Sarah Bromley	Present for notes 1 – 5
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### Apologies:

Punith Kempegowda	Committee member
Bethan Dorset	NICE - Senior Guidance Content Designer
Sophia Kemmis-Betty	NICE - Health Economics Adviser
Samantha Montes	Committee member
Guy Morris	Committee member
Cheryl Pace	NICE - Medicines Adviser
Suzie Panek	NICE - Resource Impact Assessment Team

### 1. Welcome, apologies and declarations of interest

The Chair welcomed the committee members and attendees to the guideline committee meeting 4 on Polycystic ovary syndrome: assessment and management Guideline.

The Chair asked everyone to verbally declare any interests that have arisen since the last meeting.

Name	Job title, organisation	Declarations of Interest, date declared	Type of interest	Decision taken
Bassel Wattar	Associate Professor of Reproductive Medicine and a Consultant Obstetrician and Gynaecologist, Epsom and St Helier University	Delivered an educational lecture on management of PCOS at an academic meeting. Funding for travel and accommodation provided by	Direct – financial	Specific.  Declare and participate  Rationale: Confirmed that travel and accommodation were within reasonable limits (car)

#### 4.0.03 DOC Cmte minutes

	Hospitals NHS Trust	Merck Pharma		mileage and standard hotel). No potential to benefit identified.
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The Chair and a senior member of the Developer's team noted that the interests declared did not prevent the attendees from fully participating in the meeting.

#### 2. Topic Lead update

The Chair introduced Clifford Middleton, Topic Lead, who provided an update and outlined the plan for the next 2 days.

#### 3. Diagnosis: technical checks of IG (non-PCOM reviews)

- **1.1 Irregular Cycles and Menstrual Dysfunction**
- **1.3 Clinical Hyperandrogenism**
- **1.2 Biochemical Hyperandrogenism**
- **1.6 Ethnic Variation**
- **1.7 Menopause Life Stage**

The Chair introduced Julie Neilson, Senior Technical Analyst who gave a presentation on the technical checks for diagnosis (non-PCOM reviews). Julie took questions from the group. The Chair thanked Julie Neilson for her presentation and contribution to the development of the guideline.

#### 4. Diagnosis: economic considerations (non-PCOM reviews)

- **1.1 Irregular Cycles and Menstrual Dysfunction**
- **1.3 Clinical Hyperandrogenism**
- **1.2 Biochemical Hyperandrogenism**
- **1.6 Ethnic Variation**
- **1.7 Menopause Life Stage**

The Chair introduced Alexandra Bonnon, Health Economist who went through the diagnosis health economics considerations (non-PCOM reviews). The Committee then discussed the issues presented in relation to this guideline. The Chair thanked Alexandra Bonnon for her presentation and contribution to the development of the guideline.

#### 5. Diagnosis: recommendations (non-PCOM reviews)

- **1.1 Irregular Cycles and Menstrual Dysfunction**
- **1.3 Clinical Hyperandrogenism**

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- 1.2 Biochemical Hyperandrogenism
- 1.6 Ethnic Variation
- 1.7 Menopause Life Stage

The Chair introduced Clifford Middleton, Topic lead who went through the recommendations for diagnosis (non-PCOM reviews). The Committee then discussed the issues presented in relation to this guideline. The Chair thanked Clifford Middleton.

### 6. Diagnosis: IG evidence deep-dive (PCOM reviews)

- 1.4 Ultrasound and polycystic ovarian morphology
- 1.5 Anti-Müllerian hormone

The Chair introduced Julie Neilson, Senior Technical Analyst who gave a presentation on the evidence (PCOM reviews). The Committee then discussed the issues presented in relation to this guideline. The Chair thanked Julie Neilson for her presentation and contribution to the development of the guideline.

### 7. Diagnosis: economic work - approach (PCOM reviews)

- 1.4 Ultrasound and polycystic ovarian morphology
- 1.5 Anti-Müllerian hormone

The Chair introduced Alexandra Bonnon, Health Economist who gave a presentation on economic considerations for diagnosis (PCOM reviews). The Committee then discussed the issues presented in relation to this guideline. The Chair thanked Alexandra Bonnon for her presentation and contribution to the development of the guideline.

### 8. Diagnosis: recommendations (PCOM reviews)

- 1.4 Ultrasound and polycystic ovarian morphology
- 1.5 Anti-Müllerian hormone

Carried over to committee meeting 5

### 9. Other section 1 reviews: technical checks

- 1.8 Cardiovascular disease
- 1.9 Impaired glucose tolerance and type 2 diabetes
- 1.10 Sleep apnea Part 1
- 1.11 Endometrial cancer
- 1.12 Risk in relatives

Carried over to committee meeting 5

### 10. Other section 1 reviews: economic considerations

- 1.8 Cardiovascular disease

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- **1.9 Impaired glucose tolerance and type 2 diabetes**
- **1.10 Sleep apnea Part 1**
- **1.11 Endometrial cancer**
- **1.12 Risk in relatives**

Carried over to committee meeting 5

### 11. Other section 1 reviews: recommendations

- **1.8 Cardiovascular disease**
- **1.9 Impaired glucose tolerance and type 2 diabetes**
- **1.10 Sleep apnea Part 1**
- **1.11 Endometrial cancer**
- **1.12 Risk in relatives**

Carried over to committee meeting 5

### 12. Return to item 5 - Diagnosis: recommendations (non-PCOM reviews)

- **1.1 Irregular Cycles and Menstrual Dysfunction**
- **1.3 Clinical Hyperandrogenism**
- **1.2 Biochemical Hyperandrogenism**
- **1.6 Ethnic Variation**
- **1.7 Menopause Life Stage**

The Chair introduced Clifford Middleton, Topic lead who continued to go through the recommendations for diagnosis (non-PCOM reviews). The Committee then discussed the issues presented in relation to this guideline. The Chair thanked Clifford Middleton.

### 13. AOB

No other business

### 14. Close of meeting

Next committee meeting Tuesday 11th November hybrid/in-person committee meeting.

**Date of next meeting:** 11/11/2025

**Location of next meeting:** Hybrid