

Better out than in: outpatient hysteroscopic morcellation of polyps and fibroids

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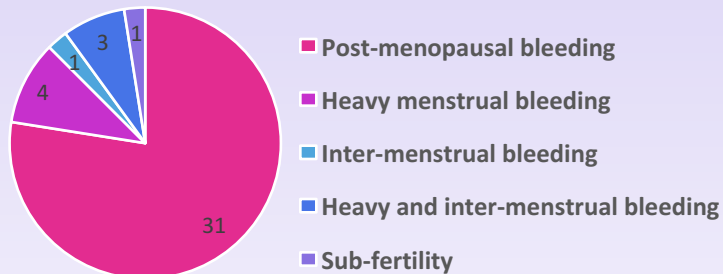
Introduction:

Outpatient hysteroscopic morcellation of polyps is a safe and effective method of diagnosing and treating endometrial polyps and fibroids¹.

Aim:

To review the efficacy of performing hysteroscopy and resection of a polyp or fibroid under local anaesthesia using a morcellation device. Also, to demonstrate the benefit of the “see and treat” approach for early diagnosis and management of abnormal uterine bleeding.

Indications for referral



Design:

Prospective observational study to assess the success of the procedure.
A hysteroscopic morcellation device was used.

Cases:

40 women with abnormal uterine bleeding attended either a one-stop outpatient clinic or day surgery setting at a district general hospital. Indications for referral included post-menopausal bleeding, intermenstrual bleeding or heavy menstrual bleeding.

Results:

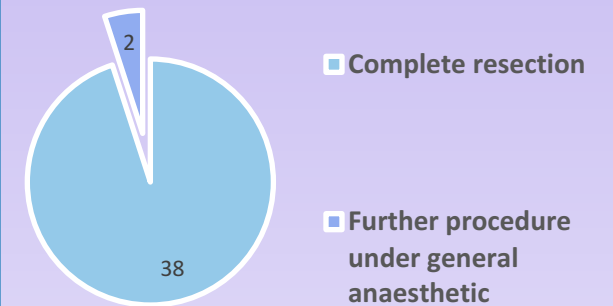
Successful hysteroscopy and resection was performed in the majority of cases (n=38, 95%). The resection was complete in all of those cases (n=38, 100%). 2 cases (5%) required subsequent hysteroscopy and resection under general anaesthetic. Histology results included benign endometrial polyps (n= 35), leiomyoma (n=2), and endometrial malignancy (n=3). The patients' ages ranged from 41-83 years.

No complications arose from these procedures and no patient required admission. The patients reported low pain scores (2/10 – 4/10) following the procedure, and rates of patient satisfaction reported were high.

Findings from specimen histology



Outcome of procedure



Conclusion:

The procedure is effective in the diagnosis and management of abnormal uterine bleeding. Benefits demonstrated include high operative success rate, short operating time, reduction in cost², and low rates of complications. Patient feedback indicates that the procedure is well tolerated and acceptable to women³.

References

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2. Diwakar L, Roberts TE, Cooper NAM, Middleton L, Jowett S, Daniels J, Smith P, Clark TJ, on behalf of the OPT trial collaborative group. An economic evaluation of outpatient versus inpatient polyp treatment for abnormal uterine bleeding. BJOG 2016;123:625–631.
3. Kremer C, Duffy S. Patient satisfaction with outpatient hysteroscopy versus day case hysteroscopy: randomised controlled trial. BMJ 2000;320:279.