Transvaginal ethanol sclerotherapy for an endometrioma in 10 steps

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Capsule: Ethanol sclerotherapy is a rapid outpatient procedure. A step-by-step video is useful to spread the technique and reduce the learning curve.

Abstract

Objective: To describe the minimal invasive technique of ethanol sclerotherapy for the treatment of an endometrioma in 10 steps.

Design: Step-by-step video demonstration of the technique.

Setting: University tertiary care hospital.

Patients: Women with endometriomas defined as persistent endometriotic ovarian cysts between 25 to 100mm of diameter, confirmed by magnetic resonance imaging.

Intervention: Endometriomas occur in 17-44% of patients with endometriosis, who generally complain about pelvic pain or infertility (1,2). Ethanol sclerotherapy for endometriomas was first described by Akamatsu and al., and standardized by Yasbeck (3-5). This technique may be offered to patients with endometriomas to preserve fertility (5-9). The local institutional review board stated that approval was not required because the video describes a technique and not a clinical case. In our center, all severe endometriosis cases are discussed during a multidisciplinary endometriosis meeting.

Main Outcome Measures: This video presents the procedure divided into the following ten steps: 1) Planning of the surgery, 2) Materials, 3) Ultrasound examination, 4) Transvaginal puncture of the endometrioma, 5) Aspiration of the cyst, 6) Cytology of the cyst, 7) Flushing the cyst with saline solution, 8) Injection of 96% Ethanol, 9) Ten minutes exposure to ethanol, 10) Aspiration of ethanol.

Results: We presented 10 steps to make the procedure easier to adopt and to reduce the learning curve. This technique may be offered as an alternative to cystectomy.

Conclusion: Ethanol sclerotherapy for endometriomas is a rapid outpatient procedure, requiring little equipment, for a low cost.

Keyword: 10 steps; endometrioma; ethanol sclerotherapy; standardization.

Suggested Reading

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