

The challenging diagnosis and management of uterine caesarean section scar endometriosis in a regional setting

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BACKGROUND

Endometriosis is a chronic condition, and the diagnosis takes an average of 7 years. This is particularly magnified in the regional setting and improved access is part of the endometriosis national action plan.

AIM

To describe a rare case of uterine caesarean section scar endometriosis as there is a paucity of data in the literature on this specific endometriosis presentation.

CASE

A 32yo multiparous woman was referred to our regional gynaecology outpatient department Wide Bay Hospital and Health Service. She had been diagnosed with endometriosis two years prior after a laparoscopy and Mirena insertion. She described monthly lower pelvic pain and deep dyspareunia over the last 12 months. The patient's only significant background history was a caesarean section 5 years ago. A pelvic ultrasound was performed, the findings were unremarkable.

At laparoscopy evidence of scar tissue on the anterior uterus at the site of her previous lower uterine caesarean section scar was noted. This was presumed to be endometriosis and a monopolar hook and grasper were used to excise this tissue following bladder dissection. Care was made not to breach the uterine cavity. An Endocatch bag was utilised to remove the specimen through the umbilical port, thereby minimising the possibility of seeding. The histopathology has since confirmed endometriosis.

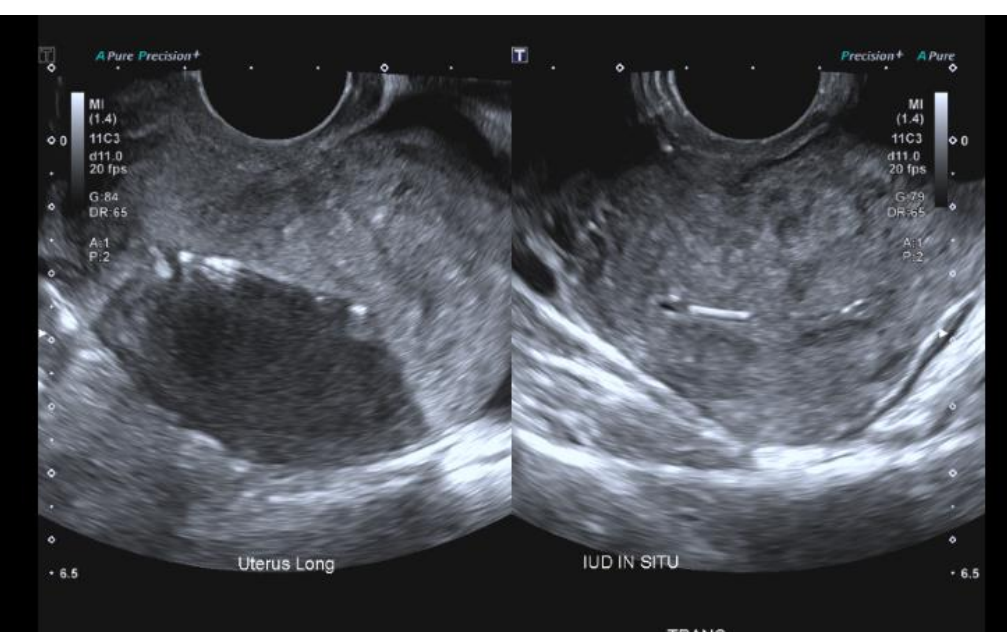
DISCUSSION

Due to limitations in pre-operative diagnosis, surgical management plans are often made intra-operatively for endometriosis. This can lead to suboptimal treatment, especially if there are unexpected findings. By presenting this uncommon presentation of endometriosis it is hopeful this will assist in surgical management in the future.



Laparoscopy findings

Top Picture- uterine caesarean section scar endometriosis
Bottom picture – resection of endometriosis using monopolar hook



Patient X Pelvic US – difficult to determine if there is endometriosis present on the uterine caesarean section scar

References:

1. Queensland Government. National Action Plan for Endometriosis. July 2018
2. RANZCOG. Endometriosis Clinical Practice Guideline. March 2019