



Inanna Women's Health

A/P Batool S Nadim

Obstetrician, Gynaecologist & Sonologist

Sonovaginography

ENDOMETRIOSIS ULTRASOUND

WHAT IS SONOVAGINOGRAPHY?

SVG is a highly specialised ultrasound technique indicated for women suffering from pelvic pain. It helps your doctors assess the anatomy of your pelvis and assess accurately the extent of Deep Infiltrating Endometriosis (DIE).

WHAT IS ENDOMETRIOSIS?

Endometriosis is a condition whereby the cells from the lining of the uterus (the womb) called endometrium implant outside the uterus in the pelvis or abdomen (it may be found in the ovaries, fallopian tubes, bowel, bladder or any other surface inside the abdominal / pelvic cavities) These implants may infiltrate deep inside the peritoneal surfaces causing pain, infertility and ovarian cysts.

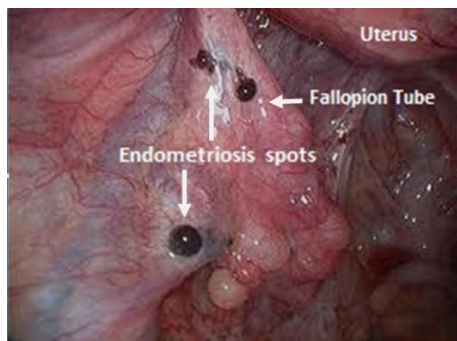
It is estimated around 10- 15% of women of reproductive age group suffer from endometriosis and often diagnosis is delayed.

Endometriosis often presents with pelvic pain severe enough to interfere with daily activities. It is often associated with irregular vaginal bleeding and infertility. Women presenting with pelvic pain need a proper assessment to reach the final diagnosis as delay may impact on a women's life and future fertility.

It is essential for your treating doctor to assess the extent and severity of endometriosis disease before choosing an appropriate treatment plan and this involves performing a SVG ultrasound as an initial assessment.

HOW CAN ULTRASOUND HELP IN ENDOMETRIOSIS?

SVG can help to rule out and assess the extent of the deep lesions of endometriosis that infiltrate the ovaries, bowel, bladder or ligaments around uterus. It can assess different pelvic organs anatomy and their mobility. This will help your doctor plan your surgery and safely choose the appropriate surgical approach. **An SVG ultrasound may assist your doctor avoiding a second operation for severe endometriosis.** It is important to note however that SVG ultrasound cannot identify superficial lesions, these are best diagnosed with laparoscopy (camera inside abdomen through keyhole surgery).



Superficial endometriosis



Deep infiltrating endometriosis (DIE)



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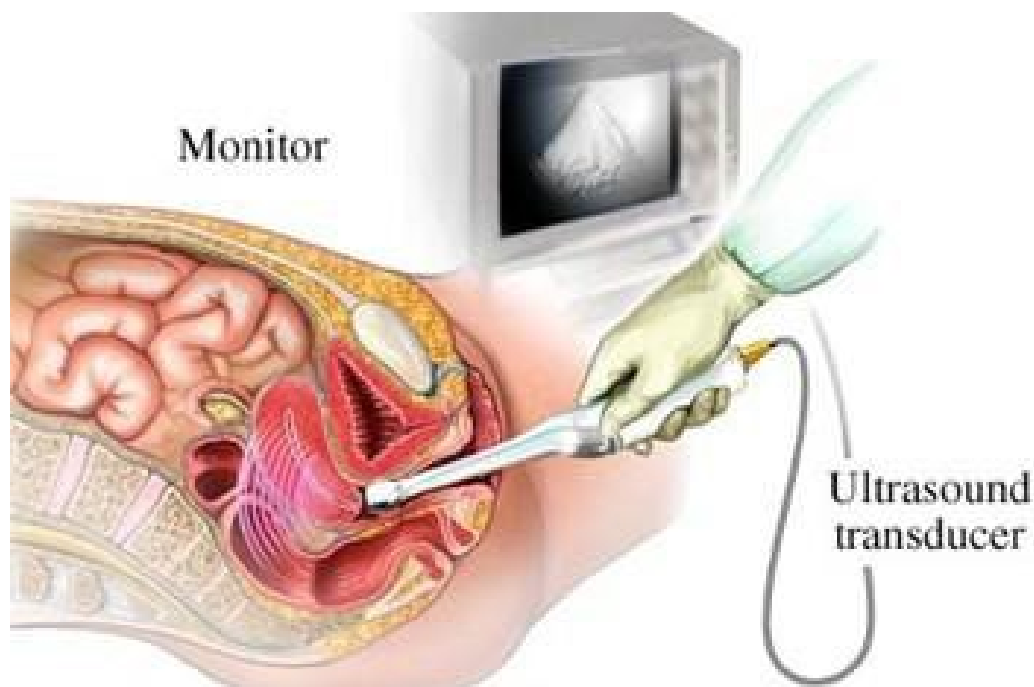
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WHO NEEDS TO HAVE AN ENDOMETRIOSIS ULTRASOUND ?

- Your doctor may request SVG ultrasound If you are suffering from
- Pelvic pain (pain in lower abdomen and pelvic area)
- Dysmenorrhoea (pain with your periods)
- Dyspareunia (pain with sex)
- Dyschezia (pain with passing stool)
- Abnormal Vaginal bleeding
- If you have previous history of endometriosis with symptoms suggestive of recurrence
- If you are scheduled for an operation to rule out endometriosis or its complications

HOW IS IT DONE?

All SVG ultrasounds are performed by a highly trained specialist Gynaecology doctor, Dr Batool Nadim. It is an internal vaginal scan (trans vaginal scan) ie ultrasound probe inside the vagina (it can by introduced by yourself or by the doctor performing the scan).





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IS IT PAINFUL?

No. There will be some tenderness/pressure like symptoms in some areas if there are lesions present

HOW LONG DOES IT TAKE?

Usually 15-20 minutes

DO I NEED SPECIAL PREPARATION?

In order to increase scan clarity and reduce scanning time you will be asked to do the following:

- Empty Bowel (go to toilet before scan) S.T you may need laxative the night before if you suffer from Constipation
- Empty bladder 30 minutes before your scan.