

Polypectomy in the office setting

Results: Procedural success, time to complete the polypectomy and patient pain scores were evaluated

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The authors declare to have no conflict of interest

Introduction

Various techniques have been described to remove endometrial polyps; the most frequent pathology treated in an office setting. In recent years, an innovative hysteroscopic tissue removal system (HTRs) based on mechanical removal of intrauterine lesions has been developed. The treatment with HTRs has been related to a shorter procedure time and to high satisfaction of patients.

Aim

This retrospective single-center study was carried out to evaluate effectiveness and patient tolerability of a small diameter HTRs (TruClear 5C) in the treatment of endometrial polyps in an office setting.

Methods

Thirty-four women with polyps were considered for HTRs polypectomy between June 2020 and March 2021. All hysteroscopic polypectomies, using HTRs (TruClear 5C System Medtronic), were performed in an office setting with vaginoscopic approach.

Keywords: abnormal uterine bleeding; benign disease of uterus; endoscopy (hysteroscopy)

Conclusion: Hysteroscopic treatment of polyps with TruClear 5C is feasible and well tolerated in an office setting. Therefore, it can be offered to patients as a fast, effective, safe and easy-to-use office-based therapeutic technique that enables a complete polypectomy even when large size polyps are present.

Analysis

Clinical parameters

Mean age (years)	49.8 +/-13.2
Menopause status	13 (39%)
Childbearing age	21 (61%)
Nulliparous	13 (39%)
Vaginal delivery	16 (47%)

Polyp characteristics

Size for inclusion	>15mm
Mean size	20.8 +/- 4.2mm
Location	
• Fundus	19 (55%)
• Lateral wall	13 (39%)
• Cornual	2 (6%)

Success rate

- Complete removal of the polyp accomplished in 33 patients (97%)

97%

Time to completion

- The mean polypectomy duration was of 4.4 ± 1.2 minutes

4.4'

Pain score (VAS 1-10)

- Paracervical anesthesia was used in 31 patients (91.2%)
- Pain was minimal and brief with an average VAS score of 4.3 ± 0.7

4.3

Postoperative Follow-up

- No surgical complications occurred
- All specimens were adequate for pathologic measurements. No cases of malignancy were discovered

