TOTAL LAPAROSCOPIC HYSTERECTOMY IN 3 EASY AND SAFE STEPS WITH ALAN VAGINAL MANIPULATOR

Dr Alan Freeman, FRANZCOG
Evin Women’s Health
Brisbane, AUSTRALIA

ABSTRACT

Laparoscopic hysterectomy has some benefits such as less morbidity, quicker recovery, less post-operative pain, etc. compared to abdominal hysterectomy (1). However total laparoscopic hysterectomy (TLH) can be challenging. Therefore, it is important to have a uterine manipulator that can assist doing this challenging operation in an easier and safer way.

It was shown that TLH can be carried out in 3 easy and safe steps with Alan (previously known as Titiz) utero-vaginal manipulator that has uterine and vaginal components (2). Also there are following advantages when Alan utero-vaginal manipulator is used for TLHs: 1. Reduced operation time 2. Reduced conversion to abdominal hysterectomy rate 3. Easier to use 4. Fewer bladder injuries 5. Fewer vaginal cuff infections 6. Ability to do a TLH for a bigger uterus (3).

However if a patient has a history of cervical surgery (e.g. conization or large loop excision of the transformation zone (LLETZ)), it may be difficult to grasp and dilate the cervix as the intra-vaginal portion of the cervix can be very short. The cervix can sometimes be completely flush with the vaginal wall. Also it is impossible to dilate cervix due to cervical stenosis in some cases. In all these cases, Alan vaginal manipulator (without uterine manipulator component) can be used to carry out TLHs. In addition, it may be possible to manipulate uterus in wider degrees when Alan vaginal manipulator (without uterine manipulator component) is used as there is no uterine manipulator in the uterine cavity.

This is a video presentation demonstrates how to do TLH in 3 easy and safe steps with Alan vaginal manipulator (without uterine manipulator component).

REFERENCES