

Procedure Information Sheet - Abdominal Myomectomy (Removal of Uterine Fibroids)

Introduction

- Fibroids are benign smooth muscle tumors of the uterus. Fibroid may be solitary but most of the time multiple fibroids are found. Depending on the site of the fibroids, they may cause pain and heavy menstrual flow. They may just present as abdominal masses.
- Although they are benign and have no immediate threat to the life of the women, they may affect their fertility and future pregnancy. Fibroids commonly occur in women over the age of 30 and with increasing frequency with the advance of age until menopause. In most of the cases, if the fibroids are asymptomatic, there is no need for any surgery.

Indications

Heavy menstruation causing anemia, pelvic mass, pressure symptoms.

Procedure

1. General anaesthesia (G.A).
2. Peritoneal cavity entered.
3. Incision made over the fibroid(s) to remove them.
4. Uterine wound repaired & abdominal wound closed.
5. All tissue removed will be sent for histopathology examination or disposed of as appropriate unless otherwise specified.

Pre-operative preparation

1. You will need to sign a consent form and your doctor will explain to you the reason, procedure and possible complications.
2. No food or drink is allowed 6 to 8 hours before operation.
3. Blood taking for blood typing and screening.
4. Fleet enema may be performed as instructed by your doctor.
5. Pubic hair is shaved if necessary as instructed by your doctor.

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Possible risks & complications

- Anaesthetic complications.
- May require blood transfusion if excessive bleeding occurs.
- Injury to neighboring organs especially the bladder, ureters and bowels.
- May need to perform hysterectomy.
- Procedure may not be feasible in case of adenomyosis or fibroid not identifiable because of small size / too deep seated.
- Pelvic infection.
- Wound complications including infection and hernia.
- Deep vein thrombosis.
- Patients may have recurrence of fibroid in future.
- Can get pregnant after the operation but there is risk of uterine rupture.
- May need caesarean section as the mode of delivery in future pregnancy.

Post-operative information

1. Avoid lifting heavy weights during the convalescent period and until advised by your doctor.
2. Contact your doctor if severe abdominal pain, excessive bleeding or fever (body temperature above 38°C or 100°F) occurs.

Remark

The above-mentioned procedural information is not exhaustive, other unforeseen complications may occur in special patient groups or individual differently. Please contact your physician for further enquiry.

Reference: http://www21.ha.org.hk/smartpatient/tc/operationstests_procedures.html

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. _____. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

Name: _____

Pt No.: _____ Case No.: _____

Sex/Age: _____ Unit Bed No: _____

Case Reg Date & Time: _____

Attn Dr: _____

Patient / Relative Signature: _____

Patient / Relative Name: _____

Relationship (if any): _____

Date: _____