



## Procedure Information – Abdominal Myomectomy (Removal of Uterine Fibroids)

Visit No.: Dept.:  
Name: Sex/Age:  
Doc. No.: Adm. Date:  
Attn. Dr.:  
Patient No.: PN

*Please fill in /  
affix patient's label*

Page No:

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### 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

### The Procedure

1. General anaesthesia.
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.

### Risks and 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 (1-2%)
- 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.

### Before the Procedure

1. Your doctor will explain to you the reason, procedure and possible complications. You will need to sign a consent form.
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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**After the Procedure**

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

**Remarks**

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. Should a complication occur, another life-saving procedure or treatment may be required immediately. For further information please contact your doctor.

**Reference**

Department of Obstetrics & Gynaecology – The University of Hong Kong

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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.

\_\_\_\_\_  
Patient / Relative Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Relationship (If any)

\_\_\_\_\_  
Date