

BEYOND THE CERVIX: OFFICE GYNE PEARLS

Practical tips on the recognition and management of common cervical and vaginal pathology; techniques to maximize ability, confidence and safety of endometrial biopsy and IUD insertion.

1. Recognize eight common cervical and vaginal lesions and describe their management
2. Describe the no-touch technique for intrauterine instrumentation
3. List the eight 'S's' of endometrial Bx technique
4. List the hard and soft equipment needed to effectively manage office gynaecological problems effectively

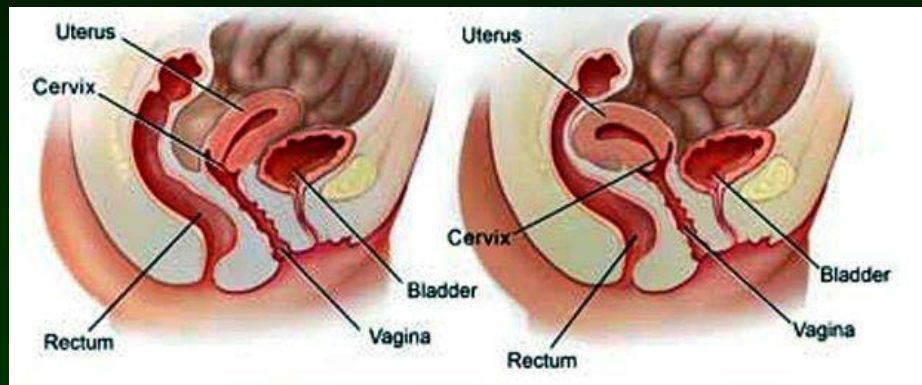
Beyond the Cervix: tips for endometrial Biopsy and IUCD insertion

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- No Conflicts
- No Disclosures

Objectives

- Provide a practical approach to:
 - No-touch sterile technique
 - Endometrial biopsy
 - IUCD insertion
 - Overcoming cervical stenosis
 - Performing a cervical block
 - Using a tenaculum
 - Retrieving an IUD without strings visible
 - Removing a cervical polyp
 - Performing a cervical or vulvar biopsy
 - Poor man's D&C



Case 1

- 19 Y/O Nulliparous woman
- T.A. 6 weeks ago.
- Cannot remember OCP.
- Chlamydia 8 months ago – treated.

- Suitable for IUCD?
- Special concerns?

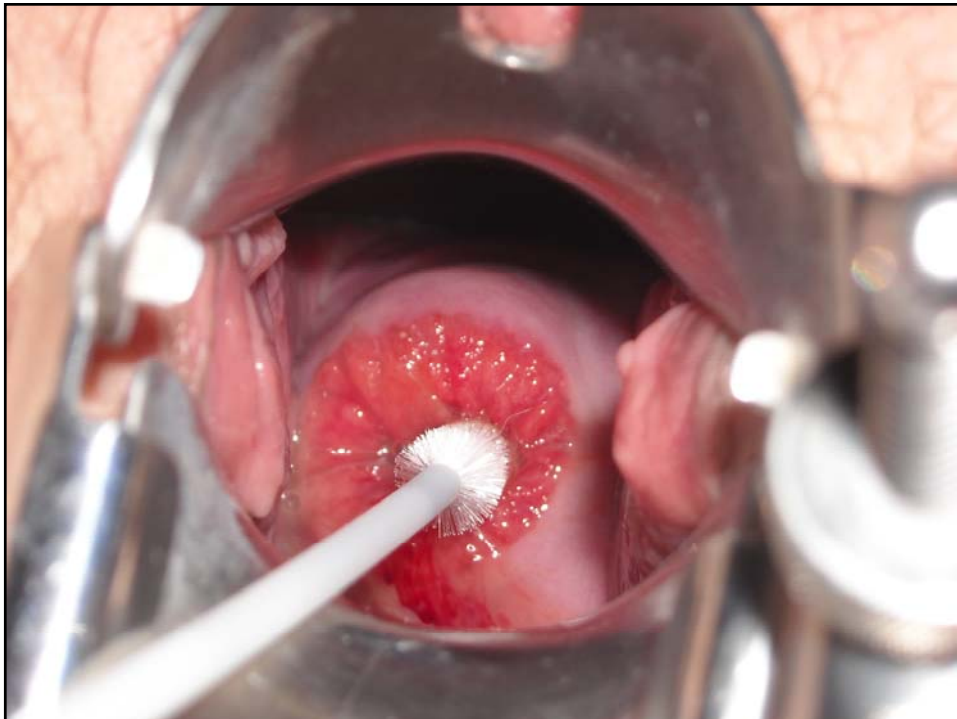
Case 2

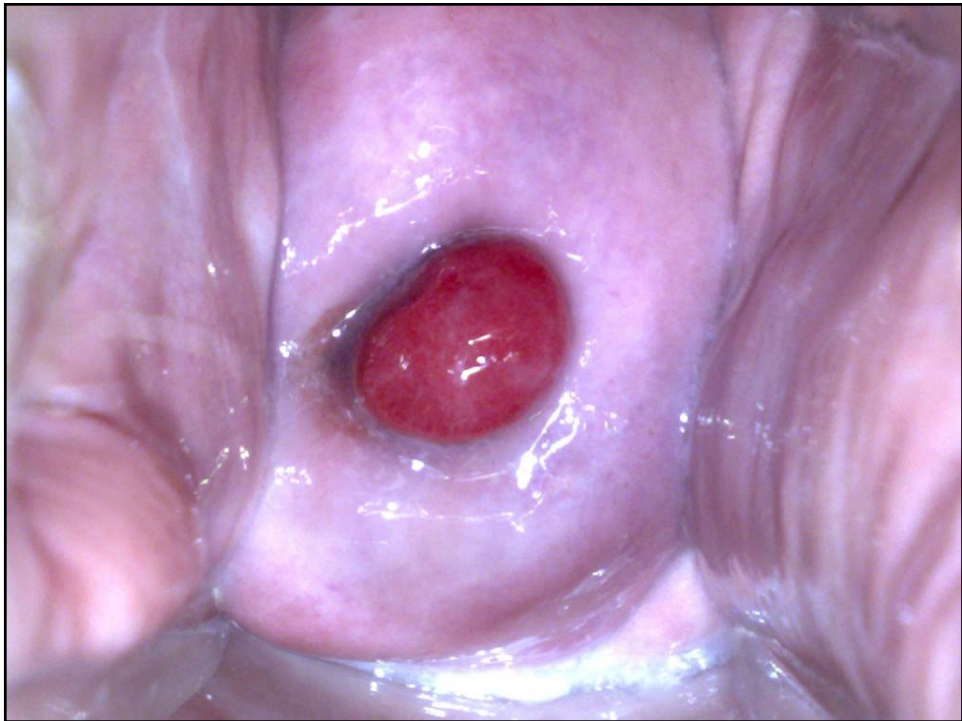
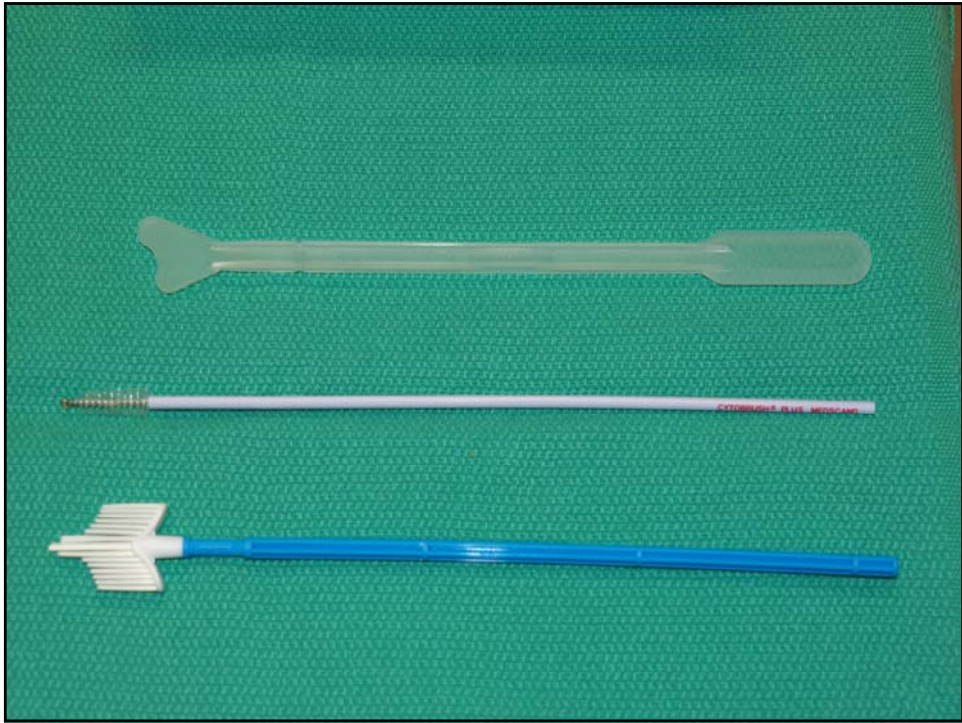
- 42 Y/O G1P1
- Obese (BMI 42); smoker
- Relative infertility
- Irregular menses X 10 years
- Hirsutism & acne

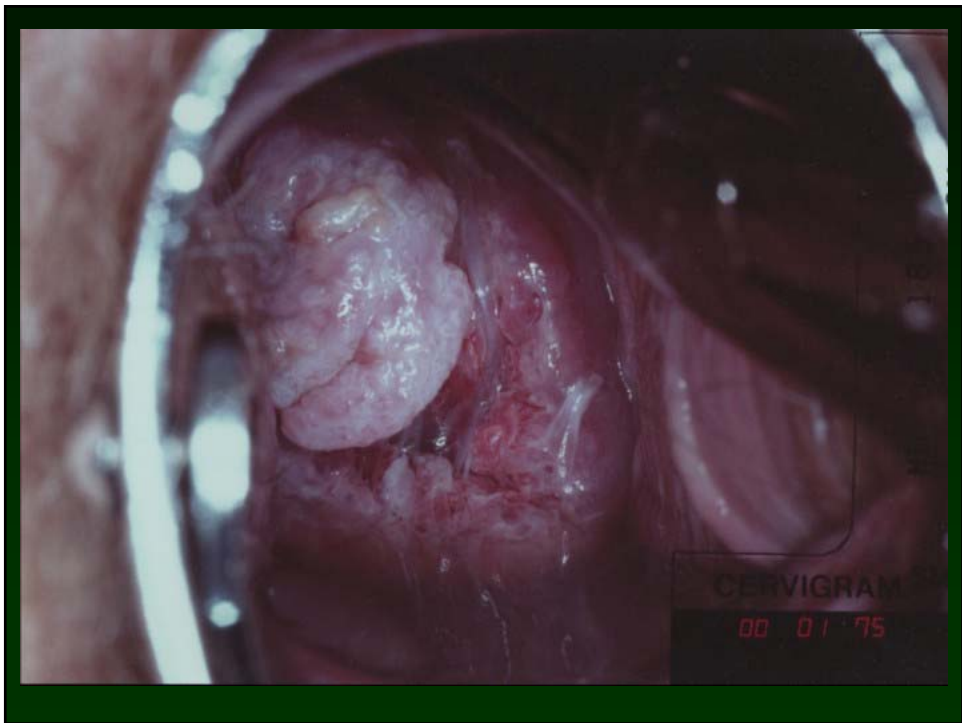
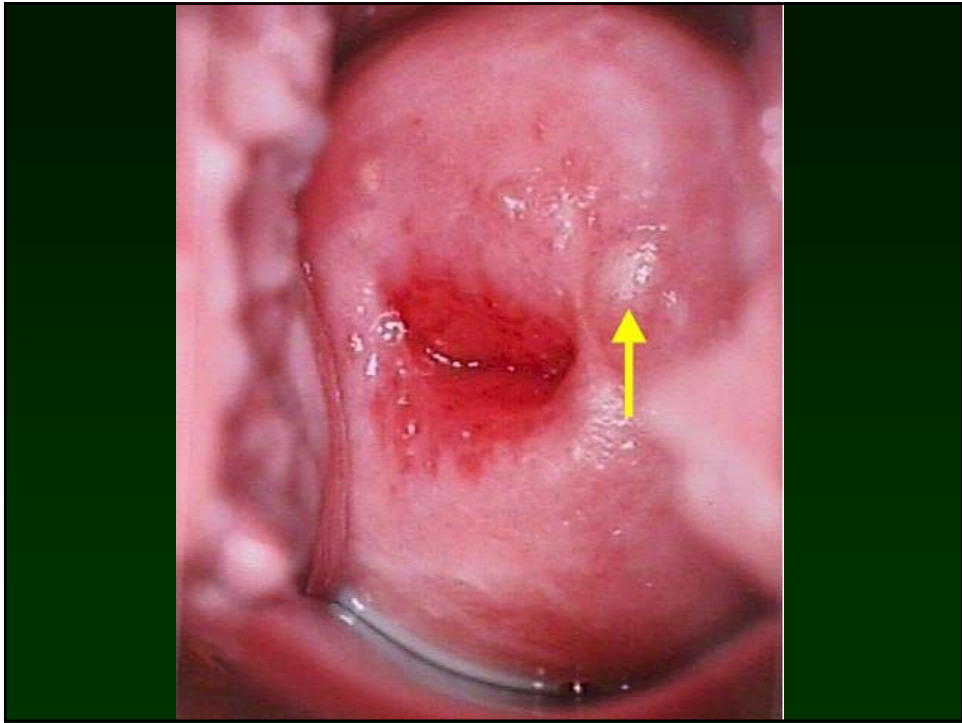
- Concerns?
- Approach?

Case 3

- 58 Y/O G3P2
- Healthy; BMI 23
- Menopause at age 51
- 3 days bleeding 4 weeks ago
- Concerns?
- Approach?











Endometrial Bx: 8 – S's

- Sleuth out uterine position
- Swab the Cx with betadine
- Straighten the Cx canal with tenaculum
- Sound uterus with Pipelle
- Suck back the Pipelle plunger
- Swirl Pipelle x 20 while withdrawing
- “Slurp” as Pipelle exits the Cx
- Squirt the sample into formalin

Equipment:

- Uterine sound
- Tenaculum
- Uterine packing forceps
- 13/15 Fr Pratt dilator
- 1–2 mm Hegar dilator
- Needle extender
- IUD retrieval hook
- Ring forceps
- IUD string scissors
- Cervical biopsy forceps
- Skin biopsy punch
- Endocervical curette
- Monsel's solution
- Silver nitrate sticks
- Os Finders
- Pipelles
- In & out catheters



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