

2025 APAGE Annual Congress YAG Oral Abstract

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Title: vNOTES Hysterectomy with Uterosacral ligament fixation for POP repair: The future of native tissue repair

Aims and Objectives: To discuss effectivity and safety of vNOTES in POP repair

Settings and Design: Vaginal hysterectomy (VH) is considered the original minimally invasive surgery due to its access to a natural orifice with the lowest associated complications and costs. However, VH has experienced a decline both in number and popularity due to poor visualization and limited surgical space. Surgeons has been utilizing endoscopic surgical technique to increase proficiency. vNOTES is now being utilized for minimally invasive gynecologic procedures. It has also been adopted in Urogynecology as treatment for POP patients. Through the enhanced visualization in vNOTES, Uterosacral ligament suspension can be safely and effectively performed, and eliminates the fear of ureteral injury.

Materials, setting and methods: This study includes 23 patients between June 2022 and December 2023. Mean age was 82.7 years and mean BMI of 22.4. 5 patients had POP Stage 3 and 17 had POP Stage 4. Vaginal fornices and peritoneum were incised. GelPoint V-Path was used, hysterectomy with BSO was done. Peritoneum lateral to USL was incised and the USL was sutured at 4 levels: 2 sutures superiorly were sutured to the vaginal stump, 2 sutures inferiorly were sutured to the vaginal walls. All sutures were ligated. No colporrhaphy was done.

Results: No intraoperative nor postoperative complications were noted. Mean operative time: 176 minutes and mean blood loss: 42 ml. 2 patients complained of pain (NRS= 2). Mean follow up period was 12 months and objective success rate of 91.3 % (n=21). 2 patients had stage 2 recurrence but no additional procedure was done.

Conclusion: Our data shows vNOTES Hysterectomy with USLS as effective and safe in POP patients. It provides better visualization, tolerable postoperative pain, no postoperative complications and since being a scarless procedure, better cosmesis. The long term results of vNOTES are yet unknown. An average of 2-5 year observation period is suggested to conclude this treatment as effective.

Keywords: vNOTES, POP, Hysterectomy, POP repair, minimally invasive surgery, MIS